

**SUGGESTED USE** Consume one, two or more capsules daily or as recommended by a health care professional. For best results, take this product with food containing a small amount of fat or oil. This product is most effective as part of a healthy diet and active lifestyle, along with one of **ANDREW LESSMAN'S** multi-vitamin-mineral formulas. **For answers to questions about the use of this product, call 800.808.7311.**

**UNSURPASSED.**  
*Purity. Quality. Integrity. Effectiveness.*



*Andrew Lessman*  
Andrew Lessman  
Founder of ProCAPS LABS

**THIS PRODUCT IS ONLY AVAILABLE FROM**



**800.944.9999**  
**WWW.HSN.COM**



**800.800.1200**  
**PROCAPSLABS.COM**

# VITAMIN D<sub>3</sub> 1000

PLUS

## CALCIUM INTENSIVE CARE™

**1,000 IU VITAMIN D<sub>3</sub> (CHOLECALCIFEROL)**

**500 MG CALCIUM • 1,000 MCG BORON**



250 Easy-to-Swallow Capsules

**Andrew Lessman's VITAMIN D<sub>3</sub> 1000 PLUS CALCIUM INTENSIVE CARE** is a mild all-natural formula designed to address the special requirements of virtually all individuals, particularly women, to consume extra Vitamin D<sub>3</sub> and Calcium. This formula begins with 1,000 IU of Vitamin D<sub>3</sub>, which has recently been recognized as perhaps the most important single vitamin to supplement separately. We then combine our **Vitamin D<sub>3</sub> 1000** with the exceptionally mild and soluble sources of Calcium found in our unique **Calcium Intensive Care**. Vitamin D has long been recognized for its essential role in the maintenance of all bone and skeletal tissues, since without Vitamin D, Calcium cannot be absorbed and utilized by the body. Although Calcium's role in bone health is unquestioned, the benefits of Calcium cannot be realized without adequate levels of Vitamin D, making Vitamin D just as essential as Calcium in any bone health regime. Vitamin D's role in supporting the health of other body systems has recently made headlines in newspapers and the medical literature and experts now seek to substantially raise the recommended levels of Vitamin D. The body can manufacture limited amounts of Vitamin D when exposed to sunlight (via its damaging UV radiation); however, the aging process combined with our reduced exposure to sunlight and increased use of sunscreens makes our body's production of Vitamin D inadequate and unreliable at best. Making matters worse is the fact that Vitamin D is not abundant in food, and is only present in very limited quantities in some fish and eggs. Recognizing this, Andrew Lessman has always given special attention to Vitamin D<sub>3</sub>, providing higher levels than found in the leading multivitamins, while also including Vitamin D<sub>3</sub> in all his Calcium and bone health products for over 30 years. Now, with our **Vitamin D<sub>3</sub> 1000 plus Calcium Intensive Care** you get 1,000 IU of Vitamin D<sub>3</sub> combined with the special ingredients present in our **Calcium Intensive Care**. Best of all, this formula is extremely economical and guaranteed gentle even to the most sensitive stomachs.

This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

**CONTAINS NO** Milk, soy, yeast, wheat, gluten, sodium, salt, sugar, fat, cholesterol, color, preservative, common allergens or manufacturing additives.

**CONTAINS NO ADDITIVES OF ANY KIND.**

| Supplement Facts                                                |  |                            |
|-----------------------------------------------------------------|--|----------------------------|
| Serving Size 2 Capsules                                         |  | Servings Per Container 125 |
| Amount Per Serving                                              |  | %DV*                       |
| Vitamin C (as ascorbyl palmitate)                               |  | 12 mg 20%                  |
| Vitamin D <sub>3</sub> (as cholecalciferol)                     |  | 1,000 IU 250%              |
| Calcium (as calcium citrate/malate/carbonate)                   |  | 500 mg 50%                 |
| Boron (as boron glycinate)                                      |  | 1,000 mcg †                |
| * Percent Daily Values (%DV) are based on a 2,000 calorie diet. |  |                            |
| † Daily Value not established.                                  |  |                            |

Other Ingredients: Gelatin capsule.