

Kids' D3 Fast Melt™ For Bone Health



Vitamin D is not available in most foods, but is made when sunlight strikes the skin. There is growing concern among health providers and parents about recent studies showing that many children aren't getting enough of this essential vitamin for bone health. These findings, along with evidence showing that vitamin D may support immune health, has led the American Academy of Pediatrics to increase the amount of vitamin D it recommends for children from 200 IU (International Units) per day to 400 IU.

Source Naturals® Kids' D3 Fast Melt™ delivers 100 percent (400 IU) of this recommended Daily Value for kids in a fun, easy-to-take fast melt form that has a great-tasting natural black cherry and peach flavor. It supplies the same form of vitamin D3 that is produced through photosynthesis in the skin.*



Strategies for Wellness™

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Getting Enough Vitamin D Can Be Challenging

It is estimated that 90–100 percent of human vitamin D-3 requirements are met through the formation of vitamin D in the skin upon exposure to UVB radiation from sunlight. Today's children may not be getting enough Vitamin D as they spend more time indoors on computers and have sunscreen protection when outdoors.*

While foods such as fatty fish (hering, mackerel, sardines, swordfish, and salmon), egg yolks, and liver can contain Vitamin D, they provide low levels. Foods fortified with vitamin D, such as cereal, milk, and orange juice, are also Vitamin D sources, but need to be consumed frequently to provide the recommended levels. Supplementation is an easy and convenient way to ensure kids are getting the daily amounts they need.*

Vitamin D and Healthy Bones

Healthy bone mass in childhood is important to lifelong bone health. Weak bones occur in children due to inadequate bone mineralization, which can often be traced back to low calcium levels. Vitamin D plays a vital supporting role in bone mineralization by helping the intestines absorb calcium so it can be used by the body.*

Vitamin D and Immune Support

White blood cells in the immune system identify vast numbers of life forms, which belong or do not belong in your body, and respond with strategies that help maintain good health. Studies show that Vitamin D helps control the expression of white blood cell genes that affect antibody production, and other important functions that support a healthy immune response.*

Kid-Friendly Vitamin D-3

Source Naturals Kids' D3 Fast Melt is a great choice for getting children the Vitamin D levels they need for healthy bones. It comes in a kid-friendly, great-tasting black cherry and peach flavor and a small tablet that quickly dissolves in the mouth. It's also made without artificial colors or artificial flavors, and uses mannitol as its sweetener so it does not promote tooth decay. Let Source Naturals Kids' D3 Fast Melt help make it easy to support your children's bone health.*

Educational References:

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Mosekilde, L. (2005). *Clinical Endocrinology*, 62(3), 265-281. doi:10.1111/j.1365-2265.2005.02226.x



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LC000795 REV1507A

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