

DCAL CAPSULES

A Canadian researcher, Dr. Reinhold Vieth*, argues convincingly that current Vitamin D recommendations are woefully inadequate and do not come close to the amount necessary for vibrant health. How much Vitamin D one should take is an ongoing debate, research definitely shows more Vitamin D is needed due to our diets and bloodwork numbers.

Research shows that adequate vitamin D benefits are:

- Contributes to a healthy immune system
- Increased energy and strength
- Shown helpful for fibromyalgia, chronic fatigue and depression
- Contributes to hormone production, helpful for PMS & menstrual migraine
- Regulates the maturation process
- Has antioxidant effects
- May protect against both Type I and Type II diabetes
- Shown helpful for MS, rheumatoid arthritis and Crohn's disease
- Along with calcium and magnesium, vitamin D is helpful for osteoporosis
- Promotes muscle strength
- Weight loss and an end to sugar cravings
- Improvement of nervous system disorders

Did you ever wonder why some people can eat all they want and not get fat while others are constantly battling extra pounds? The answer may have to do with their Vitamin D and Calcium status. Sunlight and Vitamin D normalize food intake and normalize blood sugar. Studies show weight normalization is associated with higher levels of Vitamin D and adequate Calcium and that obesity is associated with Vitamin D deficiency and/or impaired absorption and also impaired production of UV-B-stimulated D.

Vitamin D is a must for any weight loss program!

Nova Vitamins knows extra Vitamin D supplementation should always go hand in hand with sufficient Calcium, Magnesium and Phosphorus intake or it can rob the calcium from your bones! Be careful! Nova's DCal Capsules provide D3, cholecalciferol, instead of the ineffective D2 form. Astaxanthin, a powerful, expensive antioxidant. Dr. Mercola says it is "550x more powerful than vitamin E & at least 800x stronger than CoQ10 and vitamin C".

Do not take more than 1,000 IU of vitamin D without testing and supervision by a knowledgeable healthcare practitioner. **The DCal Capsule is also included in the Starpacks.**

Morning salivary pH is an important test as lower pH levels may indicate insufficient Vitamin D, or low levels of Calcium in the diet. Morning saliva tests should read 6.8 - 7.2.

*Dr. Reinhold Vieth, who is among the handful of worldwide authorities on Vitamin D authored the first review in 1999 to concisely and persuasively argue that Vitamin D nutrition was woefully neglected and that its potential for health is enormous. See Vieth R, Am J Clin Nutr 1999 May;69(5):842-856