

Vitamin D3

25 mcg (1000 IU), 250 softgels | Item # 01751

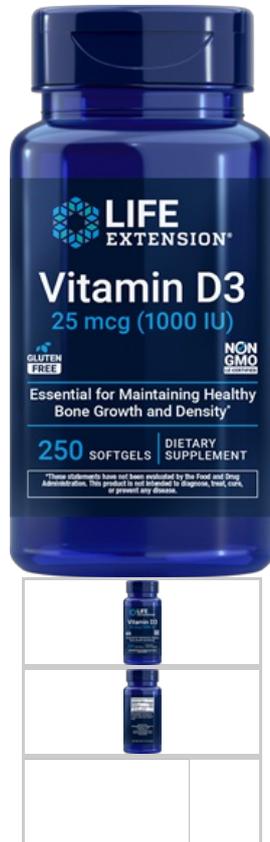
Immune, bone & whole body health, value size



4.9

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Your skin produces vitamin D when in direct sunlight or indoor tanning devices, but that's not an ideal solution for obvious reasons. Choose a potent vitamin D3 supplement from Life Extension instead.

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Overview

What Is Vitamin D3?

Supplementing with vitamin D goes a long way. Vitamin D helps preserve youthful cognitive function, supports bone and immune system health, helps maintain already-healthy blood pressure, encourages a healthy inflammatory response and promotes endothelial function. We recommend between about 125 mcg (5,000 IU) to 200 mcg (8,000 IU) of vitamin D3 a day.

Make sure you're getting enough of vitamin D3, the sunshine vitamin. Add Vitamin D3 to your supplement regimen today.

Vitamin D3 Benefits

- Helps maintain youthful, healthy cognitive function
- Supports bone health & immune system function
- Promotes cardiovascular & endothelial health
- Helps maintain blood pressure already within the normal range

Getting Enough of the Sunshine Vitamin

Vitamin D is called the sunshine vitamin because your skin manufactures it when exposed to sunlight, but that shouldn't be your only source. A vitamin D supplement goes a long way. We recommend about 125 mcg (5,000 IU) to 200 mcg (8,000 IU) of vitamin D3 a day. If your multivitamin already delivers 25-75 mcg (1,000–3,000 IU) of vitamin D, vitamin D3 125 mcg (5,000 IU) is perfect for achieving optimal levels.

Vitamin D

Why Should I Supplement With Vitamin D3?

Customer: To me, there's nothing better than being outside on a really nice day. Whether I'm working in my garden or taking a walk with my family, we all love the outdoors. But during my last checkup, the doctor noticed that I wasn't getting enough vitamin D.

Michael A. Smith, MD: From your brain to your heart, your bones to your immune system, vitamin D affects nearly every cell in your body and is critical for optimal health. Even if you spend a lot of time outdoors, your body may not be producing enough of this important vitamin. In fact, studies show that people are really low in vitamin D—and that's why doctors are recommending it to their patients more than ever.

Customer: So, my body needs more vitamin D, but there are all these different doses and options. How can I decide which is best for me?

Michael A. Smith, MD: Like all of our products, Life Extension's Vitamin D3 is made with the highest quality standards. We recommend taking 5,000 international units a day, but we offer doses ranging from 1,000 to 7,000 units depending on your vitamin D blood level. Be sure to check with your doctor to see which one is right for you. We also offer Vitamins D and K with Sea-Iodine™ for a complete vitamin D formulation.

Customer: Three weeks in, and vitamin D has really made an impact on my whole life. I have more energy and overall, I feel for lack of a better word...sunnier.

Dr. Michael A. Smith, MD: Director of Education and Spokesperson for Life Extension.

Product Details

Maintaining healthy levels of vitamin D helps preserve youthful cognitive function and offers broad-spectrum benefits for bone, immune system health and more. Here's why you should be making sure you get enough of this essential vitamin every day:

Cognitive health

Vitamin D is important for maintaining cognitive health and function as you age. Healthy serum vitamin D levels have been shown to correspond with better scores on cognitive health tests and better maintenance of cognitive ability in aging individuals.¹⁻⁴

Bone and immune health

Vitamin D (along with vitamin K and essential minerals) is essential for facilitating the transport of calcium into the bone matrix.⁵ This is an important step in maintaining strong, healthy bones and teeth. Vitamin D also plays a critical role in healthy immune function.^{5,6}

Heart health & blood pressure support

Vitamin D helps to regulate the body's calcium balance while facilitating calcium absorption into the bloodstream, promotes a healthy inflammatory response in the cardiovascular system and encourages healthy endothelial function.^{7,8} Vitamin D may also help inhibit excess renin levels. Healthy renin levels help maintain healthy blood pressure already within the normal range.⁹

Getting enough vitamin D

This vitamin D3 supplement delivers 25 mcg (1,000 IU) of vitamin D3 as cholecalciferol per softgel. We suggest that you take a 25-hydroxy vitamin D blood test after 3 months to assess and adjust your dosage. Your optimal blood levels should be 50–80 ng/ml year-round.

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

Supplement Facts

Serving Size 1 softgel

Amount Per Serving

| | |
|---------------------------------|--------|
| Vitamin D3 (as cholecalciferol) | 25 mcg |
|---------------------------------|--------|

Other ingredients: extra virgin olive oil, gelatin, medium chain triglycerides, glycerin, purified water, rosemary extract.

Dosage and Use

- Take one (1) softgel daily with food, or as recommended by a healthcare practitioner.

Caution

Individuals consuming more than 50 mcg (2000 IU)/day of vitamin D (from diet and supplements) should periodically obtain a serum 25-hydroxy vitamin D measurement. Do not exceed 10000 IU per day unless recommended by your doctor. Vitamin D supplementation is not recommended for individuals with high blood calcium levels.

Warnings

- KEEP OUT OF REACH OF CHILDREN
- DO NOT EXCEED RECOMMENDED DOSE
- Do not purchase if outer seal is broken or damaged.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

To report a serious adverse event or obtain product information, contact 1-866-280-2852.

Actual Size

Pill Size Image

References

1. *J Am Geriatr Soc.* 2017;65(10):2161-2168.
2. *Neurology.* 2012;79(13):1397-405.
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More Info

Company

Resources

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*Ratings based on results of the 2025 ConsumerLab.com Survey of Supplement Users. Multivitamin rating based on results of the 2024 ConsumerLab.com Survey of Supplement Users. For more information, visit www.consumerlab.com/survey.

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