

VITAMIN D

Vitamin D is a fat soluble vitamin used in many processes in your body. Among those processes is the production of hormones. Many of the most important hormones produced in your body depend on vitamin D being available. These include melatonin (sleep), dopamine (mood), serotonin (mood), and the big one – testosterone (muscle, performance).

Without an adequate supply of vitamin D through sun exposure or diet, people become lethargic, irritable, and develop low testosterone levels. In the winter, most people do not get enough sun exposure, and thus not enough vitamin D. This should always be taken with fats and dosages can be reduced in the summer when you start to go outside more.

Our PowerStrength supplement line has allowed us to bring you the aforementioned Vitamin D-3 supplement.

