

Vitamin D₃ (Vegan) Liquid

Supports musculoskeletal, cardiovascular, neurocognitive, cellular and immune health[‡]

INDICATIONS

- Ages 18 and up
- Bone, immune and cellular health[‡]

BENEFITS

- Supports musculoskeletal and immune health, including healthy bone composition[‡]
- Promotes intestinal calcium and phosphorous absorption[‡]
- Promotes cellular health, including support for breast and prostate tissue[‡]
- Supports colon health by promoting healthy cellular function[‡]

FEATURES

- Plant-based formula that is made from sustainably harvested lichen
- The only plant-derived source of vitamin D₃ that has been accepted by the UK Vegan Society
- Convenient liquid form for easy dispensing
- Made with high-quality ingredients backed by verifiable science

VERIFIABLE SCIENCE

Pure Encapsulations' Vitamin D₃ (Vegan) liquid is derived from naturally occurring, sustainably harvested lichen. It is produced through a multistep process involving extraction, purification and concentration resulting in a vitamin D₃ cholecalciferol with the same molecular structure and conformation as cholecalciferol derived from lanolin or fish. It is the only plant-derived source of vitamin D₃ that has been accepted by the UK Vegan Society. Vitamin D promotes intestinal calcium and phosphorous absorption and reduces urinary calcium loss, essential mechanisms for maintaining proper calcium levels in the body and for healthy bone composition.¹⁻³

Research indicates that it also promotes cellular health, including support for breast and prostate tissue, in part by helping to maintain healthy blood vessel function, supporting immune cell activity and maintaining healthy cell metabolism.⁴ A role for vitamin D in supporting colon health by promoting healthy cellular function has also been suggested.⁵ Vitamin D's role in immune health has long been established; vitamin D receptors are found in a number of immune cells, including lymphocytes and macrophages, where they maintain healthy immune cell activation.⁶ Vitamin D also supports cardiovascular function in some individuals.^{7[‡]}

SUGGESTED USE

As a dietary supplement, take 5 drops (0.1 ml) daily, with a meal, or as directed by a health professional.

STORAGE

Store in a cool, dry place.

WARNING

Caution: Accidental overdose of liquid vitamin D products can lead to serious adverse side effects in infants. THIS PRODUCT IS NOT INTENDED FOR INFANTS. The recommended daily dose of vitamin D for infants is 10 mcg (400 IU). This product delivers 25 mcg (1,000 IU) of vitamin D per serving. If pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

SOURCE

- Vitamin D₃ (Vegan) liquid is derived from naturally occurring, sustainably harvested lichen. It is produced through a multistep process involving extraction, purification and concentration resulting in a vitamin D₃ cholecalciferol with the same molecular structure and conformation as vitamin D₃ derived from lanolin and fish oil. It is the only plant-derived source of vitamin D₃ that has been accepted by the UK Vegan Society
- Medium chain triglycerides are derived from coconut and palm oil
- Natural tocopherols are derived from sunflower oil

NOTES

Size 5 drops (0.1 ml)

Bottle count 10 ml (approximately 100 servings)

Order code VD3VL

Bottle size 15 ml

REFERENCES

1. Dawson-Hughes B, et al. *N Engl J Med*. 1997 Sep 4;337(10):670-6.
2. Bischoff-Ferrari HA, et al. *Arch Intern Med*. 2006 Feb 27;166(4):424-30.
3. Wyon MA, et al. *J Sci Med Sport*. 2014 Jan;17(1):8-12.
4. Garland CF, et al. *Am J Public Health*. 2006 February; 96(2): 252-261.
5. Fedirko V, et al. *Cancer Epidemiol Biomarkers Prev*. 2010 Jan;19(1):280-91.

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6. Fedirko V, et al. *Cancer Epidemiol Biomarkers Prev.* 2010 Jan;19(1):280-91.
7. Giovannucci E, et al. *Arch Intern Med.* 2008 Jun 9;168(11):1174-80.

SUPPLEMENT FACTS

5 drops (0.1 ml) daily, with a meal, or as directed by a health professional.

Serving size: 0.1 ml (five drops)

Servings per container: 100

Five drops (0.1 ml) contain:

Vitamin D (as cholecalciferol from lichen) (D₃) 25 mcg (1,000 IU)

Other ingredients: medium chain triglycerides, natural alpha tocopherol

Made with Vitashine

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Vitamin D ₃ (Vegan) liquid	Quantity	Order Code
	10 ml (0.3 fl oz)	VD3VL

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

