

## Liquid Vitamin D<sub>3</sub>

### DESCRIPTION

Liquid Vitamin D<sub>3</sub> is a highly concentrated, neutral-tasting, sugar-free liquid supplying 25 mcg (1,000 IU) of natural vitamin D<sub>3</sub> per drop.

### INDICATIONS

- Bone health and calcium absorption<sup>‡</sup>
- Muscular support<sup>‡</sup>
- Cellular health<sup>‡</sup>
- Immune support<sup>‡</sup>
- Metabolic health<sup>‡</sup>
- Cognitive and mood support<sup>‡</sup>

### FUNCTIONS

Vitamin D, also known as the “sunshine vitamin,” is an essential vitamin that plays many important roles in the proper functioning of the body. Though classified as a vitamin, vitamin D is actually a key regulatory hormone for calcium and bone metabolism. Adequate vitamin D status is essential for ensuring normal calcium absorption and maintenance of healthy plasma calcium levels. Besides bone support, vitamin D has many other roles in the body, including modulation of cell growth and cell signaling, muscular function, metabolic health, cognitive support, and immune health.<sup>‡</sup>

### FORMULA (#57738-22X)

1 Drop (0.03 ml) Contains:

Vitamin D<sub>3</sub>.....25 mcg (1,000 I.U.)

Other Ingredients: Medium-chain triglycerides

Gluten-free, Non-GMO

### SOURCING

Vitamin D<sub>3</sub> as cholecalciferol is synthesized from lanolin (sheep’s wool). Medium-Chain Triglycerides are sourced from palm and/or coconut oil.

### SUGGESTED USE

Adults take 1-10 drops (1,000 IU – 10,000 IU) by mouth daily with a meal or as directed by a health professional.

**Warning:** It is recommended that individuals taking more than 50 mcg (2,000 IU) vitamin D per day have their blood levels monitored by a health professional. If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

**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) per day. This product provides 25 mcg (1,000 IU) per drop.

### STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

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### REFERENCES

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### For more information visit [douglaslabs.com](http://douglaslabs.com)

‡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.

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