

# Vitamin D3 Drops

1000 IU per Drop

500 Drops per Bottle

## Product Summary

Vitamin D is a hormone now widely recognized to be important to many body systems and a large number of physiological processes and it may also be one of the most common nutrient deficiencies in the world.<sup>1</sup> Many recent studies have linked lower levels to an increased risk of cardiovascular disease including hypertension, peripheral vascular disease, coronary artery disease and heart failure, as well as several types of cancer, autoimmune disease and type 2 diabetes.<sup>2,3,4</sup> Vitamin D is needed for intestinal calcium absorption, skeletal bone integrity as well as skeletal muscle strength and function and has been associated with overall physical fitness.<sup>5,6,7</sup> Vitamin D is critical for healthy immune function and may reduce the risk of infection, especially respiratory tract infections.<sup>8,9</sup> Given that essentially every tissue in the body has a receptor for vitamin D, it is hard to overestimate its importance.<sup>10</sup> Many practitioners recommend supplementation to achieve blood levels of 25-OH-vitamin D between 50-80 nmol/L, which often requires doses of 1000-2000 IU per day, and more for those with common genetic variants affecting vitamin D metabolism.

## Unique Features

- Vitamin D3 (cholecalciferol) likely more effective at restoring blood levels than D2 form (ergocalciferol)
- In a base of medium chain triglycerides (MCTs) and organic flaxseed oil for improved intestinal absorption
  - MCTs are absorbed directly from the GI tract, thus improving the absorption of vitamin D
- Neutral taste
- Preserved with natural vitamin E
- Liquid form is convenient for a wide range of doses
- 500 drops per bottle

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## Vitamin D3 Drops

1000 IU per Drop

15 mL

Code: 9435

NPN: 80021508



Serving size: 1 drop (0.03 mL)

Feature: 500 drops per bottle

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## Supplement Facts

Serving Size: 1 drop (0.03 mL)

Servings per Container: 500

### Each Serving/Drop (0.03 mL) Contains:

Vitamin D3 (Cholecalciferol)..... 25 mcg (1000 IU)

**Non-medicinal Ingredients:** Medium chain triglycerides, organic flaxseed oil, natural vitamin E.

**Contains no artificial preservatives, colours or sweeteners and no corn, dairy, starch, wheat or yeast.** Sealed for your protection. Do not use if seal is broken. For freshness, store in a cool, dry place.

**Recommended Adult Dose:** 1 serving/drop (0.03 mL) per day or as directed by a health care professional. Shake before use. Keep out of reach of children.

**Recommended Use:** A factor in the maintenance of good health. Helps in the development and maintenance of bones and teeth. Helps in the absorption and use of calcium and phosphorus.

**Contraindications:** Caution is advised for individuals with a hypersensitivity to any of the ingredients, sarcoidosis, lymphoma, tuberculosis, hypercalcemia or renal impairment.

**Drug Interactions:** When taken with a thiazide medication (diuretic), may increase the risk for hypercalcemia.<sup>11</sup> Also, vitamin D may improve insulin sensitivity and lower blood pressure, requiring a reduction in dosage of hypertension and/or diabetic medications.

## References:

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8. Schwalfenberg GK. A review of the critical role of vitamin D in the functioning of the immune system and the clinical implications of vitamin D deficiency. *Mol Nutr Food Res.* 2011 Jan;55(1):96-108.
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11. Boulard JC, Hanslik T, Alterescu R, Baglin A. [Symptomatic hypercalcemia after vitamin D-thiazide diuretics combination. Two cases in elderly women]. *Presse Med.* 1994 Jan 22;23(2):96.



· GUARANTEED ·

Bioclinic Naturals products are guaranteed to meet or exceed Good Manufacturing Practices (GMP) of the Canadian Government and the Therapeutic Goods Administration (TGA) regulations of Australia—among the world's highest standards for natural products.



Recyclable container

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