

# Vitamin D<sub>3</sub> (Vegan) liquid

Introduced 2015



## What Is It?

Vitamin D<sub>3</sub> (Vegan) liquid provides lichen-derived, vegan vitamin D<sub>3</sub> to support bone, breast, prostate, cardiovascular, colon and immune health. Vitamin D levels have been shown to decline with age, due primarily to a reduction in either absorption or metabolism by the liver. Decreased exposure to sunlight, a vegetarian diet, or a low intake of vitamin D fortified foods also play a role in inadequate vitamin D levels.\*

## Uses For Vitamin D<sub>3</sub>

**Promotes Bone Health:** 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. Clinical studies involving vitamin D supplementation suggest the importance of vitamin D in addition to calcium for bone health.\*

**Cardiovascular Support:** Vitamin D supports cardiovascular health for some individuals, which may be attributed to its effect on calcium metabolism or possibly by helping to maintain healthy plasma renin function.\*

**Promotes Cellular Health:** A role for vitamin D in supporting colon health by promoting healthy cellular function has also been suggested. Vitamin D is also believed to provide general cellular support potential, including for the breast and prostate, in part by helping to maintain healthy angiogenesis balance, supporting immune cell activity and maintaining healthy cell metabolism. Preliminary evidence suggests that vitamin D may also play a role in maintaining healthy glucose metabolism, since vitamin D receptors are present on the islet cells of the pancreas.\*

## What Is The Source?

Vitamin D<sub>3</sub> (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 D<sub>3</sub> cholecalciferol with the same molecular structure and conformation as vitamin D<sub>3</sub> derived from lanolin and fish oil. It is the only plant-derived source of vitamin D<sub>3</sub> that has been accepted by the UK Vegan Society. Medium chain triglycerides are derived from coconut and palm oil. Natural tocopherols are derived from purified soybean oil.

## Recommendations

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

## Are There Any Potential Side Effects Or Precautions?

If pregnant or lactating, have any health condition or taking any medication, consult your health professional before use. It is recommended that individuals taking more than 2,000 iu vitamin D per day have their blood levels monitored. Large doses of vitamin D can cause hypercalcemia, signs include headache, weakness, nausea, vomiting, and constipation. Individuals with hyperparathyroidism or kidney disease are at particular risk. Accidental overdose of vitamin D can lead to serious adverse side effects in infants. This product is not intended for infants.

## Are There Any Potential Drug Interactions?

Vitamin D may result in hypercalcemia in certain individuals taking digoxin or thiazide diuretics. Consult your physician for more information.

(continued)

## Vitamin D<sub>3</sub> (Vegan) liquid

five drops (0.1 ml) contain v  
vitamin D (as cholecalciferol from lichen) (D<sub>3</sub>)..... 1,000 iu  
other ingredients: medium chain triglycerides, natural tocopherols  
serving size: 0.1 ml (five drops)  
servings per container: 100  
5 drops (0.1 ml) daily, with a meal, or as directed by a health professional.

*It is recommended that individuals taking more than 2,000 iu vitamin D per day have their blood levels monitored. If pregnant or lactating, consult you 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 400 iu per day. This product provides 1,000 iu per serving.*

Made with  Vitashine