

Vitamin D3 drops

100% NRV of D3 in every drop

quantity
20ml /
600 drops

type
liquid

code
8138

Presentation

Liquid vitamin D3 in a base of virgin olive oil

Typically per drop:

Vitamin D3 5µg (200iu)

Formulated with:

Virgin Olive Oil, Antioxidant: Mixture of Natural Tocopherols.

Suitable for vegetarians (V)

Uses

This liquid form of vitamin D3 is an easy and convenient way to take vitamin D and an excellent choice for the whole family.

Each drop provides 5µg (200iu) of vitamin D3, with 600 drops per 20ml bottle, so one bottle goes a long way! The vitamin D3 is suspended in a base of virgin olive oil, which is both tasteless and odourless, making it palatable to even the fussiest of people. We've also added a mixture of natural vitamin E tocopherols to the oil, an important antioxidant, that prevents the oil from going rancid. Plus this has the advantage that it is preservative free.

Vitamin D plays many important roles in the body. It contributes to:

- Normal absorption/utilisation of calcium and phosphorous
- Normal blood calcium levels
- Maintenance of normal bones
- Maintenance of normal muscle function
- Maintenance of normal teeth
- Maintenance of normal function of the immune system
- Has a role in the process of cell division.

Usage & Administration

Adults: Take 5 drops, 25µg (1000iu) daily.

Pregnant and breast-feeding women: Take 2 drops, 10µg (400iu) daily. The Department of Health recommend that all pregnant and breastfeeding women should take a daily supplement containing 10µg (400iu) of vitamin D.

Children 3 years and over: Take 2 drops, 10µg (400iu) daily.

Remove stopper - and tip bottle over spoon. Dispense required number of drops on the spoon and then swallow (make sure the bottle is turned completely upside down to ensure the accurate dosage). Shake well before use.

Allergen advice

None (see page 194)

Cautions

None

Storage instructions

To be stored in a cool, dry place and protected from light.

Legal category

Food supplement.

