



**Vitamin D3** Called the sunshine vitamin, vitamin D is formed naturally in the skin by exposure to sunlight. But when an individual does not get enough sun exposure, their body cannot make sufficient vitamin D. Vitamin D supplementation is especially important because it's hard to get enough during our long, dark northern winters. Vitamin D is a vitamin and hormone that stimulates the body to absorb calcium, and it is needed to keep bones strong. People deficient in vitamin D levels tend to have softer, thin bones, predisposing them to fractures. Vitamin D is especially important for the elderly because of their difficulty synthesizing vitamin D from sunlight as some medications interfere with vitamin D absorption.

<b>Medicinal Ingredients / Ingrédients médicinaux</b>	
Serving Size: 1 drop (0.03 mL) / Portion: 1 goutte (0,03 mL)	
Servings Per Container: 1666 / Portions par contenant : 1666	
Amount / Quantité	per 1 Serving (0.03 mL) / par 1 portion (0,03 mL)
Vitamin D3 (cholecalciferol) / Vitamine D3 (cholecalciferol)	1000 IU

**Non-Medicinal Ingredients :** Organic Sunflower Oil.  
**Ingrédients non médicinaux :** Huile de Tournesol Bio.

**Recommended Use:** Take one drop of **LIQUID VITAMIN D3™** daily or as directed by a qualified health care practitioner. Shake well before use. Store in a cool, dry place.

**Utilisation recommandée :** Prendre une goutte de **LIQUID VITAMIN D3™** par jour ou comme dirigé par un professionnel qualifié de la santé. Bien agiter avant l'usage. Conserver dans un endroit frais et sec.

**Risk Information:** Keep out of reach of children.

**Informations sur les risques :** Garder hors de la portée des enfants.

**Liquid Vitamin D3**      25 ml      8-7084700031-6  
**Liquid Vitamin D3**      50 ml      8-7084700082-8