

**Vitamin D3 (Liquid Emulsion)**  
**2,000 IU, 1 fl. oz. (29.57 ml)**  
Item Catalog Number: 00864

Vitamin D is synthesized in the body from sunlight. But, due to the winter season, weather conditions, and sunscreen blockers, the body's ability to produce optimal vitamin D levels may be inhibited.<sup>79</sup> In fact, it has been proposed that annual fluctuations in vitamin D levels explain the seasonality of influenza.<sup>80</sup> All of these factors point to the value of taking a daily vitamin D supplement to ensure optimal vitamin D intake.

Vitamin D has long provided significant support for healthy bone density.<sup>81-86</sup> However, scientists have also validated the critical role that vitamin D plays in regulating healthy cell division and differentiation, and its profound effects on human immunity.<sup>87-90</sup> These findings link a deficiency of vitamin D to a host of common age-related problems. The current RDA is only 400 IU. As a result of startling evidence of a widespread vitamin D deficiency, prominent nutritional scientists are calling on Americans to increase their vitamin D intake to 1000 IU per day and higher. Currently, most experts in the field believe that intakes of between 1000 and 4000 IU for adults will lead to a more healthy level of serum 25(OH)D, at approximately 75 nmol/L.

Life Extension® recommends that healthy adults supplement each day with at least 1000 IU of vitamin D. Elderly adults may benefit from higher doses such as 2000 IU daily, and even up to 5000 IU daily.

For individuals with greater vitamin D needs or those looking to take fewer capsules, one drop of Vitamin D3 Liquid Emulsion conveniently provides 2,000 IU of vitamin D3 (cholecalciferol), a form of the vitamin that is structurally similar to that derived from sunlight on the skin.

## References

## Supplement Facts

Serving Size 1 drop (35.2 mg)

Servings Per Container approximately 975

### Amount Per Serving

Vitamin D3 (as Cholecalciferol)

2000 IU

Other ingredients: vegetable glycerin, deionized water.

This product contains NO milk, egg, fish, peanuts, crustacean shellfish (lobster, crab, shrimp), soybeans, tree nuts, wheat, yeast, gluten, corn or rice. Contains NO sugar and no artificial sweeteners, flavors, colors, or preservatives.

## Dosage and Use

- Take one drop daily with a fat containing, low fiber meal, or as recommended by a healthcare practitioner.

## Note

The number of drops may vary based on temperature and altitude.

## Caution

Individuals consuming more than 2,000 IU/day of vitamin D (from diet and supplements) should periodically obtain a serum 25-hydroxy vitamin D measurement. Do not exceed 10,000 IU per day unless recommended by your doctor. Vitamin D supplementation is not recommended for individuals with hypercalcemia (high blood calcium levels). People with kidney disease, certain medical conditions (such as hyperparathyroidism or sarcoidosis), and those who use cardiac glycosides (digoxin) or thiazide diuretics should consult a physician before using supplemental vitamin D.

## Warnings

- Keep out of reach of children.
- Do not exceed recommended dose.
- Do not purchase if outer seal is broken or damaged.
- If you have a bad reaction to product discontinue use immediately.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

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