



D₃ 1000™ & D₃ Liquid

The preferred vitamin D everyone needs for multifunctional health support

Immune support, bone health & optimal wellness

- The body converts dietary vitamin D₂ into D₃, to deliver associated health benefits (vitamin D₃ is the bioavailable form of vitamin D).
- Metagenics uses only vitamin D₃, expertly formulated to the industry's highest standards to support multiple areas of health and well-being.
- Metagenics provides high quality vitamin D₃ formulas in a range of dosages and forms to meet all of your needs.

Are you getting enough vitamin D?

Vitamin D plays an important role in immune health. A increased risk of infection and illness is commonly associated with low vitamin D levels.

Millions of children and nearly 75% of adolescents and adults may have insufficient levels. The body's ability to make this "sunshine vitamin" also declines with age, and skin experts advise against the unprotected sun exposure necessary for sufficient vitamin D production.

Few foods are naturally rich in vitamin D, and common fortified foods fail to meet minimum daily recommendations for kids or adults. Absorption may also be inhibited by a number of factors, including certain medications and over-the-counter drugs.

Vitamin D supplementation is commonly recommended during pregnancy, nursing, and childhood, as well as in adolescence and later adulthood. In fact, vitamin D is the most recommended supplement for the elderly to help maintain longevity and independent living.

Vitamin D₃ formulas from Metagenics, provide you with a higher degree of reliability and predicted safety. Our bioactive vitamin D₃ products are tested multiple times by both internal and independent laboratories before distribution.

Get the vitamin D you may be missing and in the form your body prefers.

Vitamin D plays several important roles in the body, which is why maintaining adequate levels through diet, sun exposure or supplementation is critical for optimal health.

Vitamin D supports:

- Bone Density
- Healthy Muscle Function
- Heart & Circulatory Health
- Brain & Nervous System Health
- Balanced Immune System Activity
- Overall Health

Bone Density

Vitamin D helps to improve your body's absorption of calcium and is therefore important in maintaining healthy bone density. Low levels of vitamin D have been associated with bone pain, lower back pain and an increased risk of fractures, especially amongst older women. Therefore supplementation may be a good strategy for helping to reduce the risk of fractures and to protect bone mass.

Healthy Muscle Function

The causes of muscle pain are often difficult to pinpoint. Vitamin D deficiency may be a potential cause of muscle pain amongst children and adults due to the interaction between vitamin D and the nerve cells that sense pain. High-dose vitamin D may help to reduce various types of pain in those who are deficient.

Immune Health

Vitamin D plays a crucial role in supporting a healthy immune system as it interacts with the immune cells that are responsible for fighting off viruses and bacteria known to cause illnesses like colds, respiratory tract infections, bronchitis and pneumonia.

Energy & Vitality

Vitamin D may help improve energy levels as excessive fatigue may be a sign of vitamin D deficiency, which is often overlooked as a potential cause.

Mood

Vitamin D helps to support a healthy mood. Deficiency has been linked to depression, especially amongst older adults.



Form: 30 Tablets / 60 Tablets / 120 Tablets	
Serving Size: 1 Tablet	
Ingredient:	Amount Per Serving
Vitamin D3 (as cholecalciferol).....	25mcg (1000 IU)
Other Ingredients: Mannitol, xylitol, lime juice powder (Citrus aurantifolia), hydroxypropyl cellulose, lime flavour, citric acid, magnesium stearate, silicon dioxide, steviol glycosides	
Directions: Chew or swallow one tablet daily with food or as directed by your healthcare practitioner. Do not exceed the recommended dosage unless directed by your healthcare practitioner.	
This product is non-GMO and gluten-free.	
Caution: Keep out of reach of young children. Store in a cool, dry place. Contains sweeteners. Excessive use may have a laxative effect.	
Storage: Store in a cool dry place	



Form: 20 ml / 59.14ml	
Serving Size: 1 Drop	
Ingredient:	Amount Per Serving
Vitamin D (as cholecalciferol).....	1000 IU
Other Ingredients: Medium-chain triglycerides, peppermint oil, spearmint oil, rosemary (antioxidant), and ascorbic acid (antioxidant).	
Directions: Adults take one drop up to five times daily, and for children age four and above give one drop daily, or as recommended by your healthcare practitioner.	
This product is non-GMO and gluten-free.	
Caution: If pregnant or nursing, taking other nutritional supplements or taking medication, consult your healthcare practitioner before use. Do not exceed the recommended dosage unless directed to do so by your healthcare practitioner. Keep out of the reach of children.	
Notice: It is highly recommended that serum 25(OH)- and 1,25(OH)2-vitamin D be monitored every 60-90 days while consuming this product to ensure that levels remain in an acceptable range.	
This product is manufactured in a facility that produces products containing soy, tree nuts, and crustacean shellfish	

Certain persons, considered experts, may disagree with one or more of the foregoing statements, but the same are deemed, nevertheless, to be based on sound and reliable authority. No such statements shall be construed as a claim or representation as to Metagenics products, that they are offered for the diagnosis, cure, mitigation, treatment or prevention of any disease.