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FACT SHEET - IMUNI Vital D3

What is IMUNI Vital D3?

Vital D3 is a vegan-friendly oral solution containing vitamin D3. Each measured dose (1 drop) contains vitamin D3 1000IU (IU = International Units) or 25 micrograms. This convenient oral liquid formula makes it easy to meet your daily vitamin D dosing needs and can be conveniently added to food and beverage. This specialised formula has been created to help prevent dietary vitamin D deficiency and to support healthy immune system function.

We believe vitamin D is one of the most important supplements to complement immune health as well as general health and wellbeing, which is why our vitamin D is aptly named 'Vital D3'.

Consult our website imunihealth.com for detailed information on the scientific evidence behind vitamin D and its numerous benefits, including its important role in supporting immune health.

Ingredients:

Each measured drop contains Colecalciferol D3V® (vitamin D3 1000IU) 25µg.

Each bottle of Vital D3 contains 266 doses of vegan vitamin D3.

Vitamin D3V® is a high quality 100% vegan-friendly, plant-sourced form of Vitamin D3 that is biologically identical to colecalciferol (vitamin D3) obtained from other sources. However, unlike most forms of vitamin D3 commonly obtained from Lanolin (which is sourced from sheep's wool), Vitamin D3V® is sourced from an eco-sustainable, non-GMO form of algae and is therefore not reliant on animal farming.

Vitamin D3 has been widely demonstrated to be significantly more effective, bioavailable and beneficial than other forms of Vitamin D, such as vitamin D2 commonly found in foods of plant origin.

All ingredients are vegetarian and vegan friendly. This product does not contain animal products, dairy, lactose, gluten, nuts or genetically modified ingredients (GMO-free).

Recommended dose:

Recommended for adults and children over 1 year of age. Take one (1) drop daily with food, or as recommended by your healthcare professional. Invert bottle to dispense individual drops. May be added to food or beverage and consumed immediately.

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Precautions/contraindications:
Consult your doctor before use if:

- You have previously suffered from high blood calcium (hypercalcaemia), severe kidney disease, kidney stones, heart disease or other forms of cardiovascular disease.
- You intend to take more than the defined tolerable upper level of intake (UL). In Australia, the daily UL for both adults and children over 1 year of age (as defined by NHMRC) is 80 micrograms (3200IU), or the equivalent of more than 3 drops of IMUNI Vital D3.

Warnings and adverse effects:
Vitamin and mineral supplements should not replace a balanced diet. Store below 30℃ in a cool, dry place away from direct sunlight. Do not use if tamper seal is broken or missing.

Vitamin D:

- Toxicity from excessive oral intake of vitamin D is possible, however, no evidence of vitamin D toxicity has been shown with doses of up to 4000IU daily.
- Signs and symptoms of toxicity are unlikely at daily intakes below 10,000IU (250mcg).
- The Royal Australian College of General Practitioners (RACGP) recommends a target blood level of vitamin D of 100 nmol/L (on blood testing). To avoid adverse effects, it is important not to exceed 150 nmol/L. If you are concerned regarding the possibility of overdose, you should see your doctor about getting a blood test to assess your levels.

Interactions with medications:
Vitamin D:

- Statin medications (e.g. atorvastatin) are a form of cholesterol lowering medication that can reduce vitamin D levels in the body.
- Similarly, high intakes of vitamin D can reduce the potency of statin medications. However, any marked effect is unlikely at the recommended dose described for this product.
- Vitamin D might induce CYP3A4 enzymes and reduce the bioavailability of CYP3A4 substrates. You can check with your doctor or pharmacist about what this may mean in terms of interactions with any medications you might be taking.
- Taking excessively high doses of vitamin D (e.g. more than 10,000IU per day) is much more likely to cause drug interactions than lower doses. Some drugs which can interact when using high doses of vitamin D include: digoxin, diltiazem, thiazide diuretics, and verapamil.

References:

1. Nutrient Reference Values for Australia and New Zealand - Vitamin D [Internet]. National Health and Medical Research Council [cited 20 Oct 2021]. Available from: https://www.nrv.gov.au/nutrients/vitamin-d
2. Office of Dietary Supplements - Vitamin D [Internet]. Ods.od.nih.gov. 2020 [cited 11 December 2020]. Available from: https://ods.od.nih.gov/factsheets/VitaminD-HealthProfessional/
3. Vitamin D deficiency in adults [Internet]. NPS Medicinewise. 2020 [cited 11 December 2020]. Available from: https://www.nps.org.au/australian-prescriber/articles/vitamin-d-deficiency-in-adults-1