

Peel Here
for more information

Other ingredient: MCT Oil (medium chain triglycerides).
Manufactured by NHG, P.O. Box 2003, Sparks, NV 89431
Made in the U.S.A. www.protocolforlife.com
Contains no sugar, salt, starch, yeast, gluten, soy, milk, egg, shellfish or preservatives. Store in a cool, dry place. Please Recycle.

Supplement Facts

Serving Size 4 Drops (approx. 0.112 mL)
Servings Per Container about 535

Amount Per Serving	% Daily Value for Adults & Children Over 4 yrs.	% Daily Value for Adults & Children Over 4 yrs.
Vitamin D ₃ 400 IU (as Cholecalciferol)	100%	100%

PROTOCOL
FOR LIFE BALANCE™

Liquid Vitamin D-3

**Helps Maintain
Strong Bones***

10% of profits donated for health research

Net 2 fl. oz. (60 mL)

A Dietary Supplement



SUGGESTED USAGE: Shake well. As a dietary supplement, Adults: Take 4 drops or more as directed by a health care practitioner. Take directly or add to a beverage. Best taken with a fat-containing meal. Each drop contains 100 IU of Vitamin D₃ 4 drops provide 400 IU, 20 drops provide 2,000 IU. A full dropper provides approximately 50 drops, or 5,000 IU. Vitamin D enhances the uptake of calcium from the diet, is necessary for bone and dental health, regulates immune activity and supports healthy cell division. Recent research indicates that Vitamin D also may play an important role in supporting cardiovascular health.

CAUTION: KEEP OUT OF REACH OF CHILDREN. Consult your healthcare provider before use if you are pregnant, nursing, or taking any medications, or are preparing for surgery.

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

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Vitamin D is naturally produced in the skin as a result of exposure to or light from the sun. However, the use of sunscreen, aging, avoidance of sun exposure, and living in the Northern latitudes can significantly reduce Vitamin D production by the body. Vitamin D can also be obtained through the diet and some sources include fish, fish, egg yolk, and fortified dairy products.

The major biologic function of Vitamin D is to maintain normal blood levels of calcium and phosphorus. By promoting calcium absorption, Vitamin D helps to form and maintain strong bones. Vitamin D also works in concert with a number of other vitamins, minerals, and hormones to promote bone mineralization. In addition, Vitamin D plays an important role in immune function, and helps to regulate cell growth and differentiation.*

Caution and Interactions

The current upper limit for Vitamin D is 2,000 IU daily, though recent safety reviews have suggested a five-fold increase to 10,000 IU. Supplemental Vitamin D should be used carefully in those on digitalis or any cardiac glycoside or suffering from hypocalcemia. Drugs that may interact with Vitamin D include the anticonvulsants, barbiturates and related drugs, phenylbutyl, phenolphthalein, and antacids with aluminum. Pregnancy/nursing women should consult a physician before use. Side effects are rare in healthy adults with intakes below 2,000 IU daily.

Guaranteed Quality

This is an FDA regulated dietary supplement that is produced in an FDA- and third party-inspected facility. We are certified for producing dietary supplements and USDA Organic products using Good Manufacturing Practices (GMP). All ingredients are quality tested to meet or exceed specifications. Our quality team goes above and beyond standard quality control to ensure the safety and quality of this supplement. We utilize advanced analytical and microbiological testing methods with capabilities that are state-of-the-art and exceed basic lab requirements.