

Suggested Use: Shake before use. Using the dropper, add 6 drops to water, juice, or smoothie. Drops can also be placed on or under the tongue. Children ages 3+, take 1 drop with water, juice, or smoothie.

Plant-D3 is an organic algae-based source of Vitamin D3. The liquid in sublingual form provides optimal bioavailability in the bloodstream and faster overall absorption.

Vitamin D3 is an essential vitamin that plays a crucial role in bone health, muscle function, immunity, heart health and mood*. Often referred to as the "sunshine vitamin", D3 is naturally synthesized from optimal sun exposure; yet modern indoor lifestyle often leads to deficiency.

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

**Certified
VEGAN**



TRIQUETRA
HEALTH™

Plant-D3®

MAXIMUM STRENGTH

ORGANIC PLANT-BASED VITAMIN D3

5000 IU | 125 MCG
SUBLINGUAL DROPS
VEGAN

90 SERVINGS

1 fl oz (30 ml)



DIETARY SUPPLEMENT



Supplement Facts

Serving Size: 6 drops (0.33 ml)

Servings Per Container: 90

	Amount Per Serving	%DV
Organic Vitamin D3 (from algae)	5000 IU	625%
Organic MCT Oil	300 mg	**

*Percent Daily Values are based on a 2000 calorie diet.

Ingredients: Organic MCT Oil (from extra virgin coconut oil)
D-Alpha Tocopherol (from sunflowers), Cholecalciferol (from algae)

Warning: If you have a medical condition or are taking medication, contact a physician before taking this supplement.

Store in a cool, dry place. Keep out of reach of children.

Distributed by: Triquetra Health LLC™
Lithia, FL 33547

Certified Organic by Oregon Tilth

