

Daily D3

2500 IU vitamin D per drop



Key Benefits

- » Supports immune function and immune resilience
- » Helps regulate inflammation and immune balance
- » Supports gene expression and cellular health
- » Supports metabolic health and endocrine function
- » Supports thyroid health and immune tolerance

This liquid Vitamin D3 formulation provides a high-potency, precisely dosed source of cholecalciferol in a clean, stable lipid matrix. Delivered in a glass dropper bottle for dosing accuracy and stability, it is free from unnecessary excipients and suitable for long-term clinical use.

MCT oil is used as the carrier because medium-chain triglycerides are absorbed rapidly and directly into the portal circulation without requiring bile salts or extensive pancreatic enzyme activity. This supports more consistent uptake of vitamin D, especially in individuals with impaired fat digestion or malabsorption.

Nutritional Information

1 drop contains:	% NRV*
Vitamin D3: (2500 IU) 62.5 mcg	1,250%
Dissolved in MCTs from coconut oil (MCT = Medium Chain Triglycerides)	

* Nutrient Reference Value.

Ingredients

Medium Chain Triglycerides, Vitamin D3 (cholecalciferol), d-alpha tocopherol

Autoimmune Support

Recurrent Infections

Osteopenia / Osteoporosis

Insulin Resistance / Glycaemic Dysregulation

Mood Dysregulation (Anxiety / Depression)

Chronic Inflammation

Thyroid Function (Hypo- / Hyper-)

Clinical Application

Although traditionally classified as a vitamin, Vitamin D functions primarily as a secosteroid (a steroid derived) hormone. Its active form, calcitriol (1,25-dihydroxyvitamin D), acts as a signalling molecule binding to the vitamin D receptor (VDR), which is expressed in most human tissues. Through this mechanism, Vitamin D directly influences gene transcription, regulating the expression of over 1,000 genes involved in immune regulation, inflammation, cellular differentiation, and metabolic homeostasis.

Vitamin D plays a critical role in both innate and adaptive immune function. It enhances antimicrobial peptide production (including cathelicidin, a first line innate immune defense peptide), supports epithelial barrier integrity, and modulates immune tolerance by influencing T-cell differentiation and dendritic cell maturation. These actions are central to immune resilience and the regulation of chronic inflammatory responses.

Vitamin D also influences thyroid function indirectly by modulating immune tolerance and inflammatory signalling, mechanisms relevant in autoimmune thyroid conditions. Furthermore, a substantial body of epidemiological and interventional research associates adequate Vitamin D status with a reduced risk or improved outcomes in chronic inflammatory and immune-mediated diseases, including cardiovascular disease, metabolic disorders, and autoimmune conditions.

From a clinical perspective, Vitamin D should be viewed as a foundational endocrine regulator rather than solely a nutrient for bone health.

Prevalence of Vitamin D Deficiency

Despite increased awareness and extensive research over the past two decades, Vitamin D deficiency remains one of the most prevalent micronutrient deficiencies worldwide. Limited sun exposure, indoor lifestyles, sunscreen use, higher latitudes, ageing, and reduced cutaneous synthesis all contribute to persistently low serum 25(OH)D levels across diverse populations, including otherwise health-conscious individuals.

Rationale for Excluding Vitamin K

Vitamin K was deliberately not included in this formulation for several reasons. Clinically relevant Vitamin K deficiency is significantly less prevalent than Vitamin D deficiency, particularly in individuals consuming a varied diet. In addition, Vitamin K exhibits limited stability in liquid oil-based formulations, which would compromise product shelf life and compositional integrity.

Most importantly, the inclusion of an effective dose of Vitamin K (e.g., 100 µg) would necessitate changes to the formulation that would reduce the achievable concentration of Vitamin D3 per drop. Given the clinical importance of precise, high-dose Vitamin D delivery, this product prioritises dosing accuracy, stability, and flexibility, allowing Vitamin K to be supplemented separately when clinically indicated.

Directions for Use

Take one drop daily or as directed by your health care practitioner.

Allergens & Cautions

- Contains no known allergens
- Suitable for vegetarians.

Combines well with
Vitamin C, Nucleotides