

DIRECTIONS:

Adults: Take 5 drops, 25µg (1000iu) daily, or as directed by a practitioner or pharmacist.

Pregnant and breast-feeding women: Take 2 drops, 10µg (400iu) daily. The Department of Health recommend that all pregnant and breastfeeding women should take a daily supplement containing 10µg (400iu) of vitamin D.

Children 3 years and over: Take 2 drops, 10µg (400iu) daily.

Remove stopper and tip bottle over spoon. Dispense required number of drops on the spoon and then swallow (make sure the bottle is turned completely upside down to ensure the accurate dosage). Shake well before use. Do not exceed recommended daily intake.

NUTRITION INFORMATION

Typically per drop:	%NRV*
Vitamin D3	5µg (200iu) 100

*NRV = *Nutrient Reference Value*

Ingredients: Virgin Olive Oil, Antioxidants: Mixture of Natural Tocopherols, Vitamin D3 (Cholecalciferol).

LAMBERTS®**THE PROFESSIONAL RANGE**

Vitamin D3 Drops

In virgin olive oil
100% NRV of D3
in every drop

FOOD SUPPLEMENT

20ml / 600 drops**8138-20**

Vitamin D plays many important roles in the body. It contributes to the:

- Maintenance of normal bones
- Maintenance of normal muscle function
- Maintenance of normal teeth
- Maintenance of normal function of the immune system
- Process of cell division
- Normal absorption/utilization of calcium and phosphorous
- Normal blood calcium levels.

V Suitable for vegetarians

KEEP AWAY FROM CHILDREN