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## Product Information

# Micellized Vitamin D

Vitamin D is an important nutrient and hormone for immune system function, bone mineralization and cell health. This formulation supplies naturally derived vitamin D3, known as cholecalciferol, micellized into extremely small droplets for easy absorption into the bloodstream. Provides 400 IU per drop making it suitable for infants, children or adults.

## Product Features

- **Supports Bone health and density:** Vitamin D helps the body absorb calcium and phosphorus and utilize these minerals to support a healthy bone matrix and bone density
- **Immune Function Support:** Recent studies have shown that Vitamin D3 supports healthy functioning of both innate and adaptive immune responses. In the Framingham Offspring Study, one of the longest standing studies on generational health, higher serum levels of Vitamin D3 were associated with stronger immune function and a balanced inflammatory response.
- **Supports Healthy Cardiovascular functioning:** Emerging studies indicate that Vitamin D deficiency is a highly prevalent condition and is independently associated with most cardiovascular disease (CVD) risk factors. Other studies have established a role for Vitamin D metabolites in pathways that are integral to healthy cardiovascular function, including inflammation, thrombosis and the renin-angiotensin system (RAS).
- **High Potency:** Available in 400 IU droplets for better absorption and ability to control dose
- **Cost Effective**
- **Free of GMOs and the following common allergens:** milk/casein, fish, shellfish, tree nuts, peanuts, wheat, gluten and soybeans. Contains no Genetically Modified Organisms (GMOs). Contains no artificial colors, flavors or preservatives

## Background

Vitamin D is inadequate in many individuals and many recent scientific papers indicate that needs appear to be higher than previously thought. Daily sunshine helps increase Vitamin D levels, but many, due to seasonality of sunlight or lifestyle restraints do not get adequate sunshine needed for proper Vitamin D levels. Further, Vitamin D is difficult to obtain from dietary sources. The role of Vitamin D in calcium metabolism and bone health is well known. However, many important physiologic roles are not as well known or appreciated. Vitamin D receptors are widely distributed in the body, including colon, prostate, breast and ovary, where it acts to inhibit excessive growth of cells and body tissues and helps cells mature normally. Postmenopausal woman, older individuals and those with mal-absorption, limited sun exposure or certain illnesses may need higher intakes of Vitamin D in the right form.

## Recommended Dose

Three to five droplets daily, per adult, as recommended by your healthcare practitioner