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*Platinum
Excellence*

FORTE D LIQUID 1000i.u. per drop

Supports immunity, bones, muscle and teeth.

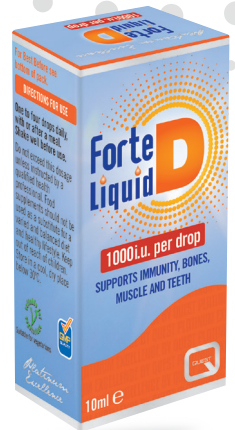
Nutritional Information

One drop provides:

		*%NRV
Vitamin D3 (1000 i.u.)	25 µg	500

*NRV = Nutrient Reference Values

One to four drops daily.



SUMMARY

- Everyday vitamin D supplement to maintain vitamin D intake and prevent deficiency.
- Supports immunity, bones, muscles, heart health.
- Recommended for general wellbeing and health.

WHAT IS FORTE D LIQUID?

Vitamin D supplement to support bone and immune health. Vitamin D contributes to the normal function of the immune system and muscles. It is needed for the utilisation of calcium in the body and helps to maintain bones and teeth. Vitamin D is naturally created by the body through exposure to sunlight and is recommended as a supplement for individuals with limited exposure to sunlight. Forte D Liquid is an easy to use liquid and is suitable for those who cannot swallow tablets.

WHICH POPULATION GROUPS ARE AT RISK OF VITAMIN D DEFICIENCY?

Typically 20% of vitamin D3 is obtained from the diet while 80% is derived from sunlight UVB exposure.

A number of factors can negatively affect the vitamin D status of individuals, requiring vitamin D supplementation. In particular, the following population groups have a higher risk of vitamin D deficiency:

- **Individuals with limited sunlight exposure.**¹ This can be caused by geographical location, winter months, pollution, clothing and indoor lifestyles.
- **Individuals with darker skin tones.**
- **The elderly.** Lower vitamin D levels have been observed in the elderly population.²
- **Overweight individuals.** A high BMI and abdominal obesity contribute to vitamin D deficiency, including in children.³
- **Pregnant and lactating women.**^{4 5}
- **Children and adolescents.**^{6 7}
- **Patients with serious illnesses,** infection or those who are hospitalised for long periods.
- **Vegans.**⁸
- **Smokers.**⁹

In recent years there has been increasing research showing that the traditional recommendations for vitamin D supplementation are inadequate for maintaining the vitamin D serum levels in high-risk populations, especially pregnant women and individuals with low sun exposure and darker skin tones.¹⁰

WHAT ARE THE EFFECTS OF VITAMIN D DEFICIENCY?

Vitamin D deficiency is implicated in a wide variety of health problems including osteoporosis, increased risk of fractures, diabetes, cardiovascular disease, high blood pressure, weakened immunity and susceptibility to infections, depression, asthma, muscle weakness and skin conditions.

Bone Health: Due to the role of vitamin D in the body, a deficiency is associated with a wide variety of health conditions. Due to the role that vitamin D plays in calcium absorption, vitamin D is essential for the prevention of osteoporosis and rickets.

Autoimmunity and decreased immune function: Vitamin D is found in large quantities in the gut associated lymphoid tissue (GALT) which is located just below the gut. The GALT stores T and B lymphocytes and their regulatory cells. Vitamin D plays a direct role in the regulation of these, and deficiency can lead to a lack of self-tolerance as seen in autoimmune diseases, allergies and reduced immune function. Vitamin D decreases the production of inflammatory cytokines so is essential for any chronic inflammatory conditions¹².

Mood disorders and depression: Vitamin D also plays an important role in nervous health and mood regulation. One study reported a significant difference in seasonal affective disorder after the supplementation of vitamin D¹¹.

Pain management: Vitamin D also plays a role in pain management, particularly in non-specific musculoskeletal pain, headache, and fatigue¹².

WHO IS FORTE D LIQUID RECOMMENDED FOR?

Forté D Liquid is recommended for individuals at high risk of vitamin D deficiency, especially pregnant and lactating women, individuals with darker skin pigmentation, and individuals with very limited skin exposure to sunlight.

ARE THERE ANY PRECAUTIONS THAT SHOULD BE TAKEN BEFORE USING FORTE D LIQUID?

Forté D Liquid should only be used on the advice of a health practitioner in the case of individuals:

- With liver disease
- With high blood pressure
- With renal disease
- With hypercalcaemia
- Taking other vitamin D supplements
- With a known allergy to vitamin D

FEATURES

- Easy liquid formula
- Provides 1000i.u. per drop

HEALTH NEEDS



BONES



EVERYDAY HEALTH
& WELLBEING



IMMUNITY



PREGNANCY
AND FERTILITY



SENIOR'S HEALTH

SCIENTIFIC REFERENCES

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