

MiTrue Vitamin D

MiTrue Vitamin D Information Sheet



Micellized D3

MiTrue Vitamin D is a natural, soy-free form of vitamin D in a water soluble micellized form. This form of vitamin D3 is often used in supplements for its benefits in absorption. Micellization is a process where the fat-soluble vitamin D3 is combined with other substances to form micelles. With micelles, it enhances the solubility and bioavailability of the vitamin D3, making it easier for the body to absorb. 1 drop of 1000 units is absorbed so well it is equivalent to up to 6000 units.

Bone Health Benefits

Vitamin D enhances bone health in such ways as calcium absorption for bone mineralization, and higher bone density. Studies show that vitamin D helps reduce the risk of fractures and osteoporosis.

Immune System Benefits

Vitamin D helps regulate the immune system by influencing the expression of various genes involved in immune function. It has both anti-inflammatory and immunoregulatory properties, helping to balance immune response.

Mood Regulation Benefits

Depression, seasonal affective disorder, and cognitive impairment are known to be conditions linked to low levels of Vitamin D. People struggling with these conditions have noticed improvements after taking Vitamin D.

Heart Health Benefits

Vitamin D has anti-inflammatory properties, and chronic inflammation is a risk factor for cardiovascular disease. By reducing inflammation, vitamin D may help protect against the development and progression of cardiovascular conditions.

Supplement Facts

Serving Size 1 drop (0.04 mL)
Servings Per Container 750

Amount Per Serving	% Daily Value	
Vitamin D3 (as cholecalciferol) (1,200 IU)	30 mcg	150%