

# Liposomal D Supreme

*Highly absorbable vitamin D with vitamin K for immune system support and bone health*

Liposomal D Supreme is a convenient way to supplement with effective doses of vitamin D for those whose healthcare practitioners recommend higher doses but who may prefer to swallow fewer pills.

Although it's considered a vitamin, vitamin D acts more like a hormone in the body, with influences on a broad array of tissues and biochemical processes. This nutrient is critical for a healthy immune system and strong bones, but its functions go far beyond this.

Vitamin D receptors are found throughout the body and have been shown to influence the expression of thousands of genes, as well as having an influence on healthy brain function, including playing a role in cognitive function and supporting balanced moods and a positive mental outlook. Research indicates that a significant proportion of people in North America have suboptimal levels of vitamin D or are outright deficient. Several factors contribute to this, such as avoidance of sun exposure, older age (the elderly have reduced capacity to synthesize vitamin D in skin upon exposure to UVB radiation and are more likely to stay indoors or use sunscreen), gastrointestinal and digestive conditions that affect absorption of fat-soluble vitamins, and various health and lifestyle issues that interfere with vitamin D absorption or increase the need for vitamin D.

Additionally, modern diets are typically low in vitamin D-rich foods that were once a more regular part of people's diets, such as fatty fish, cod liver oil and lard from pastured pigs. Vitamin D2 is the form typically used in fortified foods, but evidence indicates that D3 (as is found in Liposomal D Supreme) is more effective for increasing and maintaining a healthy vitamin D level in the blood.

## Why Include Vitamin K?

When the body needs more calcium, vitamin D increases calcium absorption from the diet as well as calcium release from its storage in bone. Vitamin K is essential for proper trafficking of calcium: proteins that require vitamin K facilitate the deposition of calcium into bones and teeth while inhibiting calcium from being deposited in undesirable places, such as the blood vessels and joints. For this reason, it's important to ensure adequate levels of vitamin K when supplementing with vitamin D.

## How to Take

- As a dietary supplement, take 0.5 mL (approx. 1 pump), or as directed by your health care practitioner.
- Since the very small size of the liposome particles allows for some absorption to take place right away, it is recommended to hold the product in the mouth for 30 seconds before swallowing.

## Benefits of Liposomal Technology

- Rapid uptake, starting in the mouth
- Effective, efficient absorption in the body
- Longer circulation in the body for effective nutrient delivery

designs for health®

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

TO CONTACT DESIGNS FOR HEALTH, PLEASE CALL US AT (860) 623-6314, OR VISIT US ON THE WEB AT [WWW.DESIGNSFORHEALTH.COM](http://WWW.DESIGNSFORHEALTH.COM).