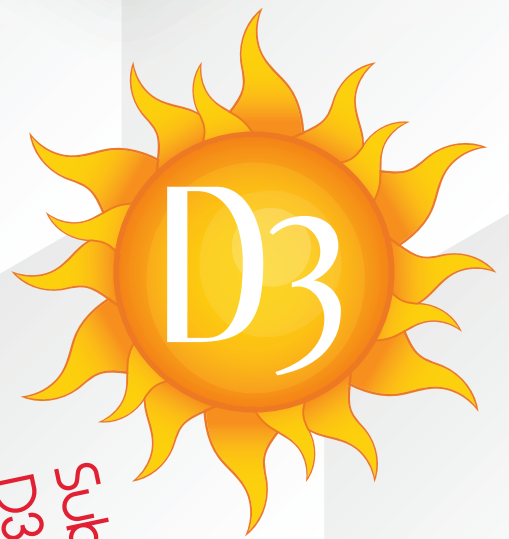


Sub V.D3



Sub V.D3



Sublingual Tablets of Vitamin
D3 For quick dissolve

GLUTEN FREE



Marketing Authorisation holder :

PHARMILANO S.R.L Via Carlo Poma no. 32. Milano, Italy

www.pharmilano.it

Made in Italy

30 sublingual tablets

Sub V.D3



The content	Per 1 sublingual tablet	NRV%*
Vitamin D3 As Cholecalciferol	5000 IU	2500%

Adults: we recommend taking 1 sublingual tablet under the tongue until fully dissolved before swallowing.

Ingredients:

Vitamin D3 (cholecalciferol) , Disintegrant: Croscarmellose sodium; Anti-caking agent: Silicon dioxide, Magnesium stearate; bulking agent, Binder: Microcrystalline cellulose; Sweetener: Mannitol; Acidifying; Citric Acid.

References:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7685416/>
<https://www.healthline.com/health/food-nutrition/benefits-vitamin-d>

Vitamin D (also referred to as “calciferol”) is a fat-soluble vitamin that is naturally present in a few foods, and available as a dietary supplement. It is also produced endogenously when ultraviolet (UV) rays from sunlight strike the skin and trigger vitamin D synthesis.

As people spend more time indoors, VITAMIN D deficiency is becoming abundant. Vitamin D supplements are a go-to way to fill that nutritional gap. The bioavailability of vitamin D may differ among individuals due to variable absorption and metabolism in the body.

Benefits of VITAMIN D3

- Vitamin D helps regulate the amount of calcium and phosphate in the body. These nutrients are needed to keep bones, teeth, and muscles healthy.
- It strengthens the immune system. It stimulates the production of T-cells and helps to promote a proper response to infectious pathogens, including viruses, bacteria, and fungus

The latest research shows that sublingual vitamins are absorbed more efficiently than oral tablets, gelatin capsules, and intramuscular injections. A 66-year-old woman presented for evaluation of low 25-hydroxyvitamin D (25(OH)D) level. She had no known prior history of gastric or intestinal surgeries or malabsorptive conditions. She had previously been treated with oral vitamin D3 at 2,000 IU daily with poor response. She was then treated with oral vitamin D2 at 50,000 IU weekly, with a persistently low 25(OH)D level at 14 ng/mL after 8 weeks of treatment. Due to the demonstration of poor oral absorption, she was prescribed vitamin D2 at 50,000 IU sublingually for 8 weeks and then changed to over-the-counter vitamin D3 drops sublingually (1,000 IU/drop) at 4,000 IU twice daily due to suboptimal response with vitamin D2. 25(OH)D level improved gradually to 28 ng/mL after 12 weeks on this regimen and was at 37 ng/mL at 1 year.

Sublingual D3:

- Enhanced absorption: Sublingual administration involves placing the tablet under the tongue, where it dissolves and is absorbed directly into the bloodstream through the thin mucous membranes. This bypasses the digestive system and liver, allowing for faster and more efficient absorption of the active ingredient (vitamin D3) into the body
- Higher vitamin levels are achieved in the bloodstream by sublingual routes than by oral routes because the sublingual route avoids first-pass metabolism by the liver and the vitamin avoids destruction by gastric juices or complexation with foods
- Convenient and easy to use: Sublingual tablets are generally small and easy to handle. They can be taken without water, making them a convenient option for individuals who may have difficulty swallowing pills or capsules.
- Faster onset of action: Since sublingual absorption bypasses the digestive system, the active ingredient enters the bloodstream more quickly. This may result in a faster onset of action and potential benefits for individuals who require prompt supplementation or have specific vitamin D deficiencies.

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