

# Liposomal D Supreme

Superior Delivery and Absorption\*

 LPODSP | 1.6 fl oz (50 ml)

Designs for Health's Liposomal D Supreme is a liquid form of vitamin D, perfect for people who have trouble swallowing pills or need higher serving sizes recommended by their health-care practitioner.\* This supplement uses liposomes, which are small spheres made of fats that help your body absorb vitamin D quickly and efficiently, starting in your mouth and lasting longer in your body.\* Vitamin D is essential for your immune system, bone health, and healthy blood sugar metabolism.\* Plus, it promotes balanced mood and helps your body absorb calcium.\* Many people in North America don't get enough vitamin D because they don't get enough sunlight, eat enough foods with vitamin D, or have trouble absorbing it due to digestive issues.\* It is beneficial to supplement vitamin D and K together because, while vitamin D helps your body absorb calcium, vitamin K helps utilize that calcium to promote healthy bones, teeth, and heart.\*



## FOUNDATIONAL HEALTH\*



Promotes optimal bone health\*



Supports balanced immune health\*



Supports healthy blood sugar metabolism\*



Supports brain health and balanced mood\*



Helps optimize calcium absorption\*

## Supplement Facts

Serving Size 0.5 mL (approx. 1 pump)

Servings Per Container 100

Amount Per Serving	% Daily Value
Vitamin D (as Cholecalciferol)	62.5 mcg (2500 IU) 313%
Vitamin K (as Vitamin K1 Phytomenadione)	200 mcg 167%
Vitamin K2 (as Menaquinone-4)	125 mcg *

\*Daily Value not established.

LPODSP-5

**Other Ingredients:** Water, glycerin, ethanol, phospholipids (from sunflower lecithin), natural flavors, rebaudioside A (from *Stevia rebaudiana* leaf)

**Recommended Use:** Take 0.5 mL (approximately 1 pump) and hold in mouth for 30 seconds before swallowing, or as directed by your health-care practitioner.

**Warning:** Consult your health-care practitioner before using this product if you are taking Coumadin, warfarin, or other anticoagulant medications.

## JUST THE FACTS:

Compare supplement facts to the leading brands

- Vitamin D** — Promotes optimal immune, bone, and brain health, supports mood balance, promotes healthy blood sugar metabolism, and helps with ideal calcium utilization and status.\*
- Vitamin K (as K1 and K2)** — Vitamin K helps promote bone and heart health.\* It works with vitamin D to make sure calcium goes into your bones and teeth, not undesirable placed on your blood vessels and joints.\* Vitamin K1 is found primarily in green leafy vegetables. Vitamin K2 (as MK-4) is found in fermented foods, eggs, and dairy, and is the preferred storage form of vitamin K in the body.\*
- Phospholipids** — Provide liposomal technology to promote nutrient absorption and bioavailability.
- Lightly sweetened with stevia for improved taste.

\*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.