

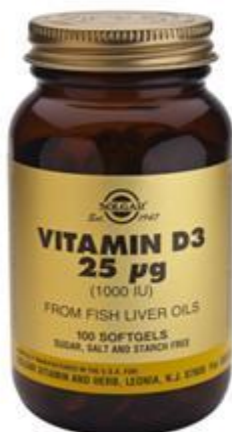
Over-the-counter vitamin D preparations



1000 iu



500 iu

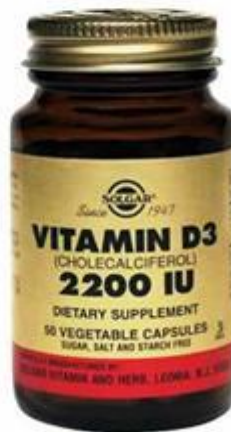


1000 iu

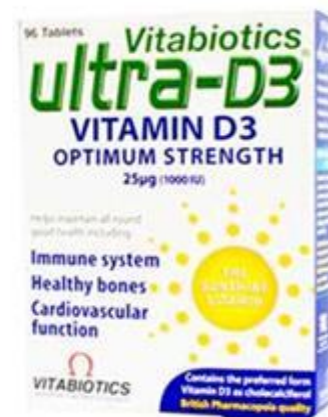


3000 iu

SPRAY



2200 iu



1000 iu

The Biovitamin D, the 2200 SOLGAR and D-LUX spray are both **Kosher, Halal and Vegetarian (not vegan)**. Lanolin (wool fat) is the source of D3, so not suitable for vegans. D-LUX is available in Health food shops and in Supermarkets for £8 for 100 sprays, working out at £8 for 300,000 units. Biovitamin D comes as 1000, 5000 and 20,000 unit capsules from Pharma Nord. Cod liver oil capsules typically contain only 200 IU per capsule and contain too much Vitamin A to be used as the sole source of vitamin D. Similarly multivitamins generally contain too little vitamin D in relation to other vitamins

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