



## Vitamin D3 is produced from fish oil in cod liver oil D-drops are a Norwegian product

D-drops are a Norwegian product, invented by pediatrician Torkel Vælling in 1978. The vitamin D3 used in the drops is made from lanolin taken from live sheep.

This means that no animals are killed for this purpose. The European Union has approved the use of lanolin in food supplements since 1999. D-drops is the only food supplement in Europe to be given a special label from the Norwegian Food Safety Authority, denoting its quality.

The product has been tested many times in clinical studies. The most recent study shows that children get strong bones when they take D-drops twice a week for 12 weeks during the autumn and winter months.

The [D-drops](#) formula contains the following: Vitamin D3 (as fish oil concentrate) 1000 IU, Vitamin A 500 µg RE, Vitamin E 5 mg α-TE and as preservative: Benzyl alcohol 1.2% w/v. It is Gluten Free and does not contain artificial colors or added sugar.

The drops contain glycerol and ethanol, which the Norwegian Food Safety Authority has approved safe for use in food supplements up to a maximum level of 2 g/kg (for both). D-drops contain cod liver oil without the addition of any artificial colors or flavors, like strawberry and vanilla. They are naturally flavored with a hint of lemon.



Vitamin D3 is produced from fish oil in cod liver oil, and can easily be converted to vitamin D when the human body is exposed to sunlight. Researchers don't fully understand how this process goes. Laboratory tests show that there may be genetic variations where certain people have difficulty converting vitamin D into a useable form. In these cases, it has been necessary to recommend a higher dosage of vitamin D.