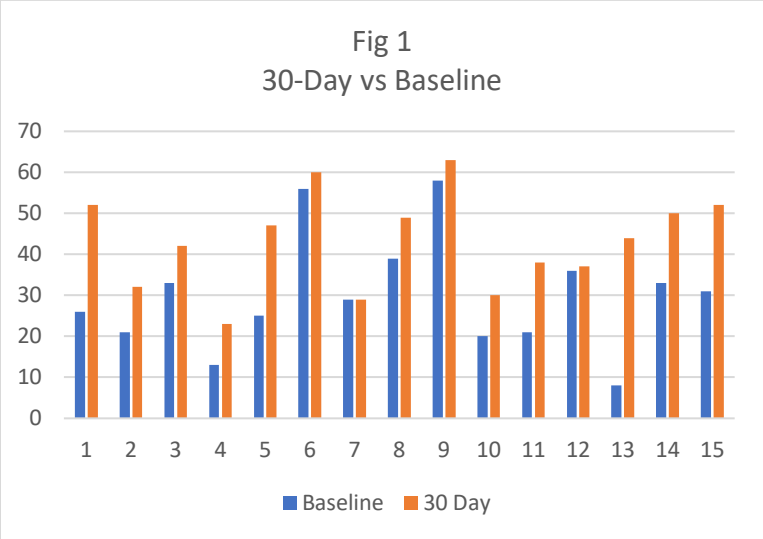
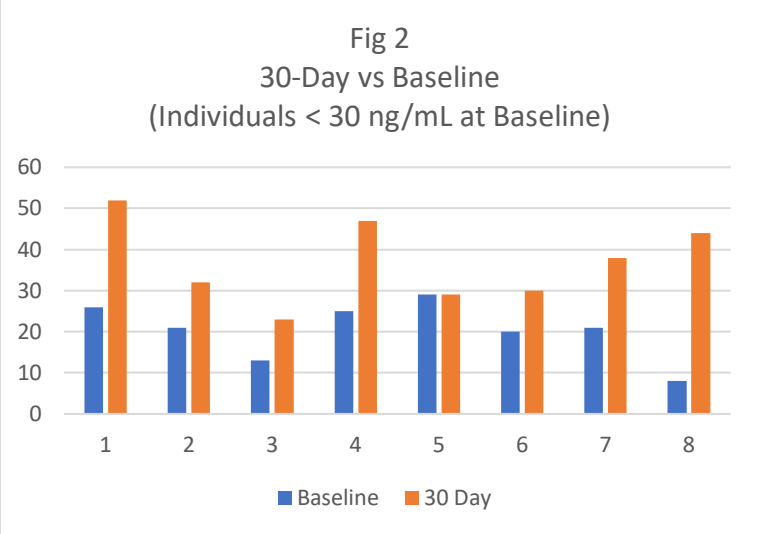
The Effect of a Liposomal Cholecalciferol Preparation on 25(OH) Vitamin D Levels
- A comparative, open-label study

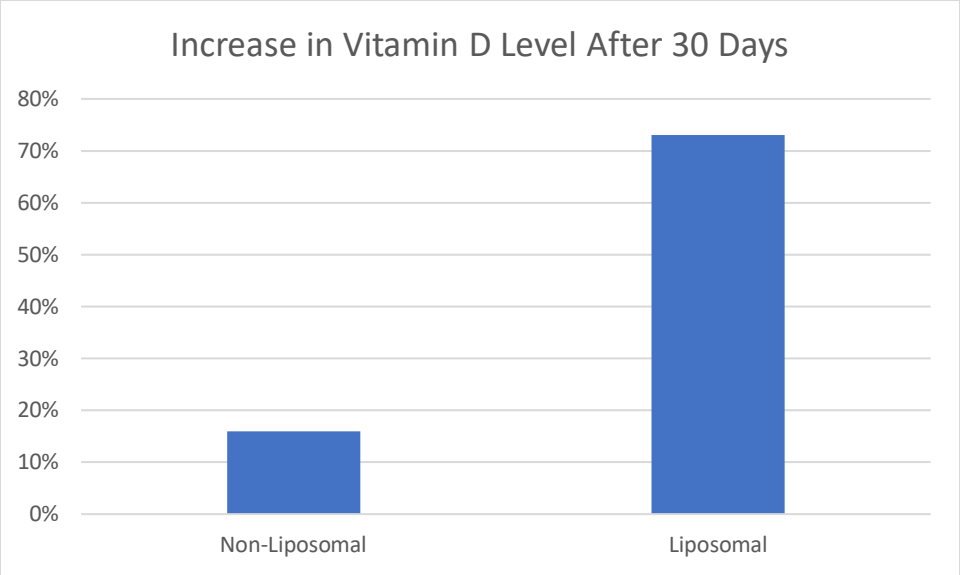
Fifteen healthy participants underwent baseline 25(OH) Vitamin D testing, followed by supplementation with a liposomal product containing 125 mcg (5,000 IU) vitamin D and 400 mcg vitamin K (as MK7) daily for 30 days. Participants in this study had an average increase in serum 25(OH) Vitamin D of 73% over baseline. (Fig 1) For comparison, the average increase in 25(OH) Vitamin D with supplementation of a non-liposomal preparation for 30 days at this dosage is 16%.

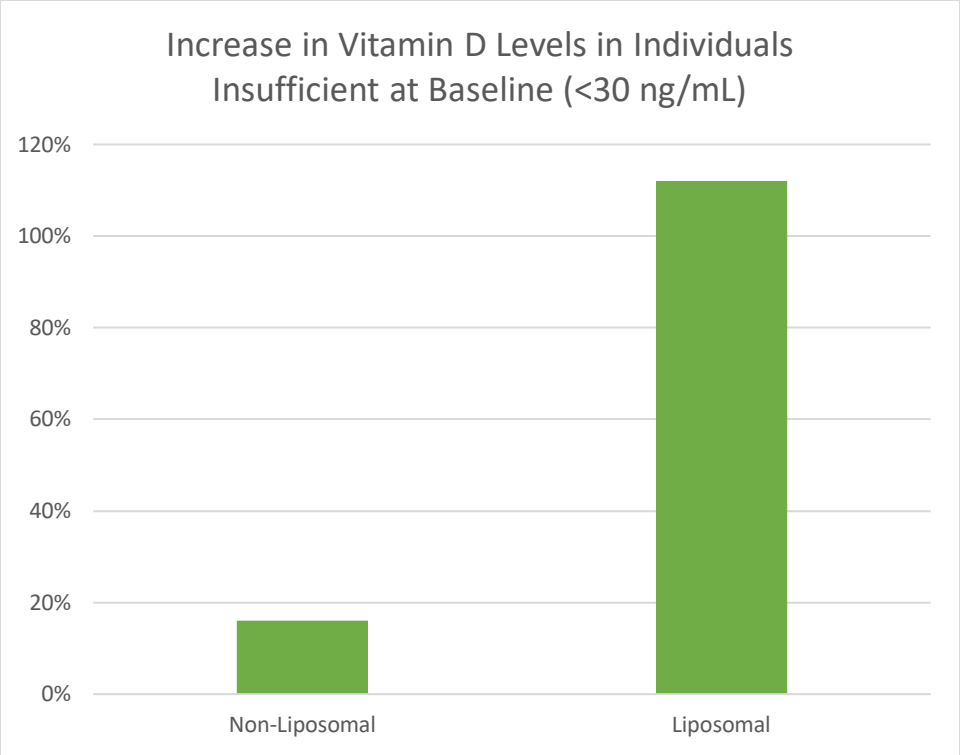
Individuals who began the study with a 25(OH) Vitamin D level in the "insufficient" range (below 30 ng/mL) had an even greater response, averaging a 112% increase. (Fig 2)

Conclusion: Supplementation with a liposomal vitamin D product for 30 days resulted in a much greater increase in serum 25(OH) Vitamin D than typical results after supplementation with a non-liposomal preparation (avg 73% vs 16%), proving the superior absorption of liposomal Vitamin D.






Increase in Vitamin D Level After 30 Days
80%
70%
60%
50%
40%
30%
20%
10%
0%
Non-Liposomal
Liposomal


Increase in Vitamin D Levels in Individuals Insufficient at Baseline (<30 ng/mL)
120%
100%
80%
60%
40%
20%
0%
Non-Liposomal
Liposomal