



My Little Sunshine™

Quest My Little Sunshine™ is a convenient liquid supplement of vitamin D3 for all ages that helps in the normal development and maintenance of bones and teeth and the maintenance of overall good health.

PRODUCT CODE: 338127 (50 mL)

HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
Helps in the normal development and maintenance of bones and teeth. A factor in the maintenance of good health.	Liquid	All age groups take 1 mL (1 dropperful) daily. Shake well before use.

DESCRIPTION:

Each 1 mL dropperful of Quest My Little Sunshine™ contains 1000 IU of vitamin D3 (cholecalciferol).	
This product does not contain corn, dairy, egg, gluten, shellfish, soy, or sulphites.	
Recommended Daily Allowance:	Dosage varies, depending on age.
Food Sources:	Dosage varies, depending on age.
Causes of Deficiency:	Sunlight is the best source; however, it is found in small amounts in fatty fish such as mackerel and salmon. Other sources include eggs from chickens fed vitamin D and milk that has been fortified with vitamin D.
Symptoms of Deficiency:	Rickets in children, osteomalacia and osteoporosis in adults, joint pain.
Complementary Nutrients:	For healthy bones and teeth, vitamin D should be combined with calcium.

HOW IT WORKS:

Vitamin D is a fat-soluble vitamin that plays a role as both a vitamin and a hormone. Vitamin D is a great regulator of calcium and phosphorus metabolism. Without vitamin D, the body cannot properly absorb calcium and the bones and teeth become soft and poorly mineralized.



DID YOU KNOW...

Many researchers suggest that there is an epidemic of vitamin D deficiency among older adults in North America.

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RESEARCH:

The efficacy of vitamin D supplementation is borne out by scientific research. A study in 2006 followed 198 children to determine the effect of vitamin D supplementation by their mothers during pregnancy. The researchers found that children whose mothers took vitamin D had significantly larger bones and a higher bone-mineral content in their body than children whose mothers did not take the vitamin. In addition, several studies indicate that adequate vitamin D intake may offer protection against cancer of the breasts, prostate, colon, and ovaries.

SIDE EFFECTS:

No side effects expected at recommended dosage.

INTERACTIONS AND SAFETY CONSIDERATIONS:

Consult a health care practitioner before use if pregnant, breastfeeding, or taking medication.

OTHER CONSIDERATIONS:

Keep out of reach of children.

LABEL:

 <p>QUEST PRÉVENTION Mon petit SOLEIL^{MC} [Avec la puissance de la vitamine D.] 50 mL</p> <p>Aide au développement et au maintien normaux des os et des dents. Sans colorants ou arômes artificiels</p> <p>SUPÉRIEURE QUALITÉ ASSURÉE</p> <p>NPN 80004541</p>	<p>NE PAS UTILISER SI LE SCEAU DE SÉCURITÉ EST BRISÉ. Usage recommandé : Aide au développement et au maintien normaux des os et des dents. Un facteur dans le maintien d'une bonne santé. Dose recommandée (tous les groupes d'âge) : Bien agiter avant usage. Prendre 1 mL (25 mcg/1 000 IU) par jour. Ingrédients médicinaux : Chaque compte-gouttes de 1 mL contient : Vitamine D3 (cholécalférol) ...25 mcg/1 000 IU Ingrédients non médicinaux : eau, glycérine, lécithine, benzoate de sodium, sorbate de potassium, acide citrique. Ce produit ne contient aucun mais, ingrédients laitiers, oeuf, gluten, crustacés, soya ou sulfites. NOTE : Utiliser dans les quatre mois après l'ouverture. RANGER DANS UN ENDROIT SEC ET FRAIS. TENIR HORS DE LA PORTÉE DES ENFANTS. Manufactured by / Fabriqué par : Omega Alpha Pharmaceuticals Inc. 735 Pharmacy Avenue Toronto ON M1L 3K2</p>	 <p>QUEST PREVENTATIVE My Little SUNSHINE™ [Powered with Vitamin D] 50 mL</p> <p>Helps in the normal development and maintenance of bones and teeth No artificial colours or flavours</p> <p>PREMIUM QUALITY ASSURED</p> <p>NPN 80004541</p>	<p>DO NOT USE IF SAFETY SEAL IS BROKEN. Recommended Use: Helps in the normal development and maintenance of bones and teeth. A factor in the maintenance of good health. Recommended Dose (all age groups): Shake well before use. Take 1 mL (25 mcg/1000 IU) daily. Medicinal Ingredients: Each 1 mL dropperful contains: Vitamin D3 (cholecalciferol) ...25 mcg/1000 IU Non-medicinal ingredients: Water, glycerin, lecithin, sodium benzoate, potassium sorbate, citric acid. This product does not contain corn, dairy, egg, gluten, shellfish, soy or sulfites. NOTE: Use within four months of opening. STORE IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN. www.questvitamins.com 1-877-929-2548 SunOpta Inc. 6 Commerce Crescent Acton, ON L7J 2K3 A Proud Canadian Company Une compagnie canadienne fière de l'être.</p>
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