

Comparison between Plant Based Vitamin D3 and Synthetic Vitamin D

Criteria	Plant-Based Vitamin D	Synthetic Vitamin D
Source	Derived from plant and vegetarian sources such as lichen	Chemically synthesized from ergosterol or cholesterol, lanolin and animal fats driven from animal sources
Bioavailability	Has higher bioavailability due to natural form.	May have lower bioavailability due to synthetic form
Absorption	3-4 times higher Absorption as compared to vitamin D from animal sources	Absorbed differently and slowly due to synthetic form
Stability Profile	More stable and longer shelf life	Shorter shelf life
Safety	Generally considered safer and free from chemical toxicity	Safety depends on manufacturing processes and chemical used in process
Allergies/Sensitivities	Less likely to cause allergic reactions	May cause allergic reactions in some individuals
Vegan / Halal / Kosher - Friendly	Suitable for all diets including vegan diets and Halal consumers	May not be suitable for Halal and vegan diets
Regulatory Approval	Approved by relevant regulatory bodies	Approved by relevant regulatory bodies
Solvent residual	Solvent residual such as Alcohol free	May not be Solvent residual such as Alcohol free
Cruelty Free	Yes	No
Ethical, Sustainable & Eco- Friendly	Yes	No