



Innate Choice  
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## If the Vitamin D is made from lanolin, where does the lanolin come from?

Lanolin is found in sheep's wool, and Innate Choice uses wool from healthy, live New Zealand sheep.

One sheep can produce between 2-30 pounds of wool per year. The sheep is sheared and the wool is washed in hot water with detergent to separate the lanolin grease. This lanolin grease is centrifuged to separate the lanolin fat from the lanolin alcohol (this process is known as saponification). Next crude cholesterol is separated using solvent washes, purified and turned into "pre-Vitamin D3" using a four step chemical process. This pre-Vitamin D3 is exposed to ultraviolet radiation to turn it into Vitamin D3.