

Vitamin D3

Ova Balance: 600 IU (15 mcg) per sachet

The ingredient and dose

Vitamin D3 (cholecalciferol) supports calcium absorption and normal bone, muscle and immune function. Each Ova Balance sachet provides 600 IU, equivalent to 15 mcg. The formulation dose was confirmed by TruWe on 10 September 2026; published ingredient research does not establish the contents of a product.

What the references support

The NIH fact sheet describes vitamin D physiology, its D2 and D3 forms, and the conversion of 1 mcg to 40 IU. Trang and colleagues compared D3 with D2 using approximately 4,000 IU daily for 14 days and measured blood vitamin D status. That study used a different dose from Ova Balance.

How to interpret the evidence

These sources are ingredient references, not clinical trials of Ova Balance. They do not establish a finished-product absorption percentage, PCOS or fertility outcomes, or treatment of deficiency at 600 IU. Follow the product label and discuss diagnosed deficiency or other supplementation with your clinician.

References

1. NIH Office of Dietary Supplements. *Vitamin D: Fact Sheet for Health Professionals*. Updated 27 June 2025. [Read the NIH fact sheet](#).
2. Trang HM, Cole DEC, Rubin LA, Pierratos A, Siu S, Vieth R. Evidence that vitamin D3 increases serum 25-hydroxyvitamin D more efficiently than does vitamin D2. *American Journal of Clinical Nutrition*. 1998;68(4):854-858. DOI: 10.1093/ajcn/68.4.854. [PubMed PMID 9771862](#).