

## Vitamin D3 2.000 IE

60 pcs available from October 21

30 pc.  
= VEGI



### Content

30 Piece / Capsules  
PZN 5060343  
RRP 13,50 €

60 Piece / Capsules  
PZN 5404021  
RRP 20,50 €



### Recommended intake

1 capsule / day



### without

artificial flavorings, artificial conservation, artificial colorants, genetic engineering



### free of

granulated sugar, sorbitol, fructose, lactose, gluten, yeast, peanut oil, soya protein/lecithin, gelatine

### The sun vitamin for adults.

Vitamin D contributes to the absorption of calcium and the normal function of the immune system. In adults, it also supports the maintenance of normal bones and muscle function. In children, vitamin D is needed for healthy growth and bone development.

Vitamin D3, also called cholecalciferol, is the form of vitamin D that our skin synthesizes from cholesterol when exposed to the sun (UV-B). Vitamin D3 is activated in the liver, and further conversion to calcitriol occurs in the kidneys.

Cholecalciferol (also known as colecalciferol or calciol for short) is the most important physiological form of vitamin D in humans. Cholecalciferol is the precursor of active vitamin D, which plays a central role in the regulation of calcium and phosphate metabolism. It is used as a mono-preparation to prevent and treat vitamin D deficiency. In combination with calcium, it is used against osteoporosis. Cholecalciferol is converted in the body to the active ingredient calcitriol.

The product 30 cps only (!) is suitable for vegetarians.

### Vitamin D3 2000 IE supports...

- ... adults with increased needs
- ... in the absorption and utilization of calcium in the bones  
If vitamin D is missing, no calcium is stored in the bones, but is released from the bone substance to keep the calcium level in the blood constant. If this happens over a longer period of time, there is a decrease in bone density.
- ... the immune system
- ... older persons  
With age, the body's own vitamin D production is less efficient. Vitamin D contributes to the maintenance of normal bones and teeth and normal muscle function.
- ... people who spend little time outdoors  
Vitamin D3 is naturally formed in the skin under the influence of UV rays. In our latitudes, the sun's rays in the winter months are not intense enough for sufficient vitamin D production.

Vitamin D is one of the fat-soluble vitamins and is also classified as a hormone. It can be largely produced in the body with the help of sunlight and/or supplied with food. Vitamin D is also known as calciferol.

### Vitamin D determination

If there is a suspicion of a disease that could be related to vitamin D deficiency, one should definitely have a vitamin D determination done.

Calcitriol, the active form of vitamin D, is present in the blood only in very low concentrations and is difficult to measure. In addition, it has a short half-life and the calcitriol value often does not give reliable information about the vitamin D reserves in the body. The storage form calcidiol (25-hydroxy vitamin D) is better suited for diagnosing vitamin D deficiency. This is determined in most laboratories.

Already at the end of 2010, the Institute of Medicine (IOM) of the US National Academy of Sciences recommended aiming for a blood level of 20 ng/ml. The IOM had previously examined almost 1000 studies with vitamin D and/or calcium. It confirmed the long-known connection between vitamin D supply and bone quality.



Nutritional values	Per daily portion (1 capsule)	NRV*
Vitamin D3	50,00 µg	1000%

\*NRV = reference amount for daily intake according to the EU Food Information Regulation (LMIV)

**Ingredients:** 30 pcs. Capsule (VEGI): olive oil, capsule shell: hydroxypropylmethylcellulose, cholecalciferol. 60 pcs. Capsule: Olive oil, coating agent (edible gelatin (bovine)). Edible gelatin (bovine), humectant (glycerin), cholecalciferol.

**Additional information:** Food supplements are not a substitute for a balanced nutrition. A balanced nutrition and a healthy lifestyle are important. Do not exceed the recommended daily dose. Store out of the reach of small children and at room temperature - please follow the corresponding package instructions. | RRP: Recommended Retail Price.