



## *D-Vitum 100 IU of vitamin D with DHA*



### **diet supplement**

For newborns, infants and children.

D-Vitum 100 IU of vitamin D DHA is a product with docosahexaenoic acid (DHA) and vitamin D<sub>3</sub>. DHA is a long-chain polyunsaturated fatty acid of the omega-3 family.

DHA can be found in breast milk. However, its content may differ depending on mother's diet. If the mother's daily diet does not provide at least 200 mg of DHA, a breastfed child should also be supplemented with DHA. When the breastfeeding period is over children aged less than 2 years should be supplemented with at least 100 mg of DHA daily.

Docosahexaenoic acid (DHA) intake contributes to the normal visual development of infants up to 12 months of age<sup>1</sup>.

<sup>1</sup> The beneficial effect is obtained with a daily intake of 100 mg of DHA.

**VITAMIN D** is needed for normal growth and development of bone in children. Moreover it contributes to the maintenance of normal bones and teeth and to the maintenance of normal muscle function. Vitamin D also contributes to normal absorption/utilisation of calcium and phosphorus and to normal blood calcium levels as well as to the normal function of the immune system in children.

It is recommended to supplement vitamin D from the first days of life, regardless of how the newborn is fed (breast milk/infant formula). From birth until the 6th month of life it is recommended to supplement 400 IU of vitamin D/day. From the 6th until the 12th month of life it is recommended to supplement 400-600 IU of vitamin D/day, depending on the dietary supply of vitamin D.

**INTENDED USE:** the product is recommended for newborns, infants and children to supplement their diet in docosahexaenoic acid (DHA) and vitamin D 3.

**RECOMMENDED USE:** newborns, infants and children – 1 twist-off capsule per day. Do not exceed the recommended daily dose. Food supplements should not be used as a substitute for a varied and balanced diet. Maintaining normal health requires a varied and balanced diet and a healthy lifestyle.

**METHOD OF USE:** twist the capsule tip to remove it and squeeze the content directly into the child's mouth, onto a spoon or into a meal. Be extra careful to prevent the child from swallowing the capsule.

**INGREDIENTS:** Schizochytrium sp. microalgae oil, MCT oil (medium-chain triglycerides), cholecalciferol (vitamin D<sub>3</sub>). Shell ingredients: gelatin, humectant: glycerol.

**DAILY DOSE (1 capsules) contains:** 250 mg of Schizochytrium sp. algae oil, of which 100 mg of docosahexaenoic acid (DHA).

**STORAGE CONDITIONS:** store in room temperature, in a dry and dark place. Food supplements should be stored out of reach of children.

## *Pack*

- 30 capsules twist off

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