



## *D-Vitum forte 1000 IU*



**VITAMIN D** has a role in many processes happening in the body. It contributes to the maintenance of normal bones, teeth and to normal blood calcium levels. Vitamin D contributes to the maintenance of normal muscle function and to the normal function of the immune system. It contributes to normal absorption/utilisation of calcium and

phosphorus and has a role in the process of cell division.

The body produces vitamin D through skin synthesis induced by UV radiation. However, use of cosmetics with UV filters, little exposure to sunlight and low accessibility of sunlight in our latitude from autumn until springtime reduces the capacity of vitamin D production by our cells. That's why it is important to ensure proper vitamin D intake with diet.

## *Intended use*

Product is intended for children aged 6 years or more and for adults to supplement their daily diet in vitamin D.

## *Recommended use*

Children aged 6 years or more and adults – 1 capsule a day, irrespective of meals. 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.

## *Ingredients*

Cold-pressed flaxseed (*Linum usitatissimum*) oil rich in alpha-linolenic acid, gelatin (shell ingredient), humectant: glycerol, cholecalciferol (vitamin D<sub>3</sub>).

## *DAILY DOSE (1 capsules) contains:*

25 µg (1000 IU, 500%\*) of vitamin D<sub>3</sub> and 199 mg of flaxseed oil, of which 119 mg of alpha-linolenic acid (omega-3).

\* % of nutrient reference value

## *Storage conditions*

Store in room temperature, in a dry and dark place. Food supplements should be stored out of reach of children.

## *Country of origin*

Poland

## *Pack:*

- 36 capsules
- 60 capsules
- 120 capsules

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