



## *D-Vitum forte 2000 IU, aerosol 6 ml*



**Vitamin D** is involved in many processes in the body. It helps in maintaining healthy bones, teeth and the proper level of calcium in the blood. Supports the proper functioning of muscles and the immune system. It supports the proper absorption and use of calcium and phosphorus, and is also involved in the process of cell

division.

The body produces vitamin D through skin synthesis under the influence of UV radiation. However, the use of creams with UV filters, very little exposure to the sun and the low availability of sunlight in our latitude from autumn to spring limit the ability to produce vitamin D in cells. Therefore, it is important to provide adequate amounts of it with the diet.

## *Application*

The preparation is intended for healthy adults under the age of 75 to supplement their diet with vitamin D.

## *Ingredients*

MCT oil (medium chain triglycerides), cholecalciferol (vitamin D<sub>3</sub>), antioxidant: mixture of tocopherols.

## *Recommended intake*

Healthy adults under 75 years of age – 1 actuation of the dosing pump once a day directly into the mouth or with a meal.

Do not exceed the recommended daily dose. Dietary supplements cannot be used as a substitute (replacement) for a varied diet. Maintaining proper health requires a balanced diet and a healthy lifestyle.

## *Method of consumption*

The dosing pump included in the package should be mounted on the bottle with the

preparation. The pump allows you to precisely measure the correct portion of the product to be consumed. Before the first use, press the pump several times until the first dose is displayed.

## *Warning*

Before use, it is recommended to perform a 25- (OH) D blood test and consult a doctor or pharmacist for the test result.

## *The daily dose (1 actuation of the dosing pump) contains:*

50 µg (2000 IU, 1000% nutrient reference value) of vitamin D<sub>3</sub>.

Contains about 100 servings

## *Storage*

Store at room temperature in a dry and dark place. Protect from light. Dietary supplements should be stored out of the reach of small children. The preparation should be used within three months of opening the bottle.

## *The volume:*

- 6 ml netto

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