D-Vitum forte 2000 IU K2



Vitamins D and K contribute to the maintenance of normal bones. Bone tissue is a dynamic structure which is constantly being rebuilt. Some bone cells (osteoclasts) break down bone tissue releasing calcium, while others (osteoblasts) synthesize new bone tissue through building calcium (inter alia) into the bone structure. Keeping

those two processes balanced is very important, especially because bone breakdown intensifies with ageing. Ensuring bone metabolism balance is possible by ingesting relevant nutrients with diet.

Vitamin D contributes to the maintenance of normal bones and teeth, as well as to normal absorption/utilisation of calcium and phosphorus. Moreover, it contributes to normal blood calcium levels and has a role in the process of cell division. Vitamin D also contributes to the maintenance of normal muscle function.

Vitamin K contributes to the maintenance of normal bones. Human body is not able to synthesize vitamin K2 by itself, therefore a demand for this vitamin is covered mainly by diet and (less so) through synthesis by gut bacteria. D-Vitum forte 2000 IU K2 contains vitamin K2 – menaquinone-7 (MK-7). It is of crucial importance, as this very chemical form of vitamin K has a role in bone metabolism.

D-Vitum forte 2000 IU K2 contains flaxseed oil rich in omega-3 fatty acids, one of which is alpha-linolenic acid (ALA). Alpha-linolenic acid contributes to the maintenance of normal blood cholesterol levels. The beneficial effect is obtained with a daily intake of 2 g of ALA.

Intended use

Product is recommended for adults to supplement their diet in vitamins D3 and K2 as well as in omega-3 fatty acids.

Recommended use

Adults – 1 capsule a day during a meal.

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.

NOTE! If you take anticoagulants, consult your physician before you use this product.

Ingredients

Cold-pressed flaxseed (*Linum usitatissimum*) oil rich in alpha-linolenic acid, gelatin (shell ingredient), humectant: glycerol, menaquinone (vitamin K2), cholecalciferol (vitamin D3).

Daily dose (1 capsules) contains:

- 75 µg (100%*) of vitamin K2 MK-7,
- 50 µg (2000 IU, 1000%*) of vitamin D3
- 191 mg of flaxseed oil, of which 95 mg of alpha-linolenic acid (omega-3).

* % of nutrient reference value

Storage conditions

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

Pack:

- 36 capsules
- 60 capsules
- 120 capsules

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