



D-Vitum forte Max 4000 IU K2

Bone tissue is a dynamic structure that is constantly being rebuilt. Some bone cells (osteoclasts) break down bone tissue by releasing calcium, while others (osteoblasts) create new bone tissue by incorporating, among others, calcium to the bones. It is important to maintain a balance between these two processes, especially because

with age, the degradation of bone tissue intensifies. Maintaining the balance of bone metabolism is possible by supplementing the diet with appropriate ingredients.

Vitamin D helps maintain healthy bones, teeth and the proper level of calcium in the blood. Supports the proper functioning of muscles and the immune system. It helps in the proper absorption / use of calcium and phosphorus, and is also involved in the process of cell division. A special group of people exposed to vitamin D deficiency are obese adults, in whom the main cause of vitamin D deficiency is insufficient skin synthesis, which is responsible for about 80% of the human body's supply of this vitamin. Obese people also have a reduced bioavailability of vitamin D due to its storage in adipose tissue, which is why it is so important to provide the right amount with the diet.

Vitamin K, like vitamin D, helps maintain healthy bones. The human body is not able to synthesize vitamin K₂ on its own, therefore the demand for this vitamin is covered mainly by the diet and to a lesser extent thanks to the synthesis by intestinal bacteria. D-Vitum Forte Max 4000 IU K₂ contains vitamin K₂-menaquinone-7 (MK-7). This is important because it is this chemical form of vitamin K that is involved in bone metabolism.

Product D-Vitum Forte Max 4000 IU K₂ contains linseed oil with a high content of omega-3 fatty acids, including alpha-linolenic acid (ALA). Alpha-linolenic acid helps to maintain the proper level of cholesterol in the blood. A beneficial effect occurs when consuming 2 g of ALA per day.

Application

The preparation is intended for healthy adults over 75 years of age, in order to supplement the diet with vitamin D₃ and K₂ and omega-3 fatty acids.

Recommended use

Healthy adults over 75 years of age – 1 capsule a day after a meal. Do not exceed the recommended daily allowance. Dietary supplements cannot be used as a substitute (replacement) for a varied diet. Maintaining proper health requires a balanced diet and a healthy lifestyle.

Ingredients

High-linolenic flax seed oil (*Linum usitatissimum*), cold-pressed, gelatin (shell component), humectant: glycerol, menaquinone (vitamin K2), cholecalciferol (vitamin D3).

The daily dose (1 capsule) contains

- 100 µg (133% *) of vitamin K2 MK-7,
- 100 µg (4000 IU, 2000% *) of vitamin D3
- 186 mg of linseed oil, including 93 mg of alpha-linolenic acid (omega-3)

*% of the nutrient reference value

Storage

Store at room temperature in a dry and dark place. Dietary supplements should be stored out of the reach of small children.

Pack:

- 30 capsules
- 60 capsules
- 120 capsules

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