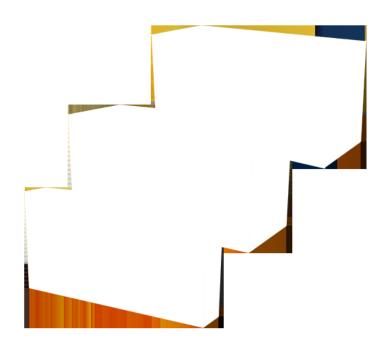


# D-Vitum forte Max 4000 IU



**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 helps in the proper absorption / 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 in the period from autumn to spring limit the ability to produce vitamin D in cells. Therefore, it is important to provide adequate amounts with the diet.

The product 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 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, cholecalciferol (vitamin D<sub>3</sub>).

# The daily dose (1 capsule) contains:

100  $\mu g$  (4000 IU, 2000% \*) of vitamin D3 and 195 mg of linseed oil, including 98 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:

- 60 capsules
- 90 capsules
- 120 capsules
- 150 capsules

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