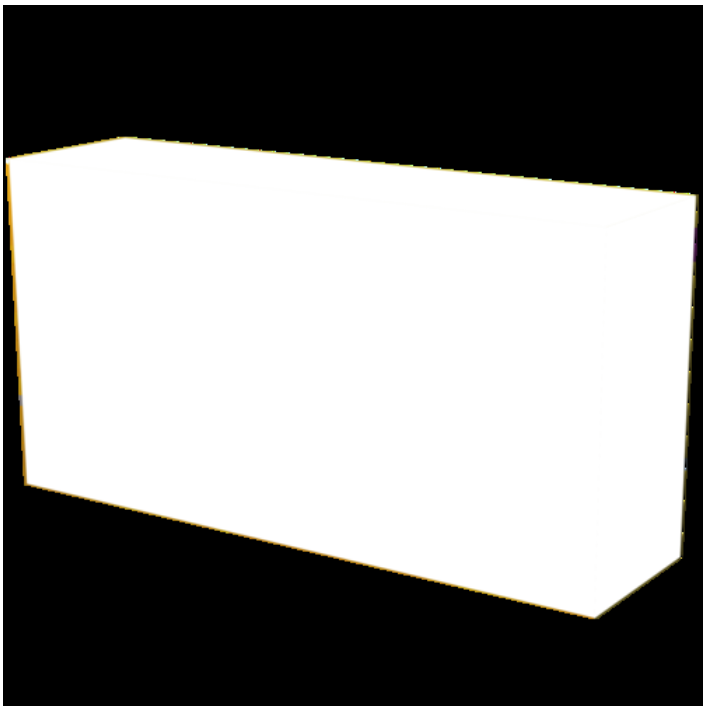
D-Vitum forte MAX OSTEO



Dietary supplement

Calcium and vitamin D help to reduce the loss of bone mineral in post-menopausal women. Low bone mineral density is a risk factor for osteoporotic bone fractures.*

Vitamin D contributes to the maintenance of normal bones and to normal absorption of calcium.

Vitamin K contributes to the maintenance of normal bones and has a role in building calcium into the bone structure.

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.

* The claim is specifically intended for women 50 years and older. The beneficial effect is obtained with a daily intake of at least 1200 mg of calcium and 20 µg of vitamin D from all sources. Osteoporotic bone fractures have multiple risk factors. Altering one of these risk factors may or may not have a beneficial effect.

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.

Application

Dietary supplement intended only for healthy people over 75 years of age, to supplement the diet with calcium and vitamins D and K.

Recommended consumption

Healthy adults over 75 years of age – 2 tablets a day with a meal. The tablet should be sucked until completely dissolved or swallowed with water.

Do not exceed the recommended daily dose. Excessive consumption may have a laxative effect. 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

Calcium carbonate from oyster shells, binder: sorbitols, anti-caking agent: magnesium salts of fatty acids, cholecalciferol (vitamin D), menaquinone (vitamin K), aromas, sweetener: sucralose, anti-caking agent: silicon dioxide.

The daily dose (2 tablets) contains:

- 600 mg of calcium (75% *),
- 75 µg of vitamin K (100% *)
- 100 µg (4000 IU, 2000% *) of vitamin D

*% 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 tablets

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