

Vitamin D3 600 I.E.

600 IE



Content

100 Piece / Capsules
PZN 3468732
RRP 14,90 €



Recommended intake

1 capsule / day



without

artificial flavorings, artificial conservation, artificial colorants, genetic engineering



free of

fructose, lactose, gluten, yeast, peanut oil, soya protein/lecithin, granulated sugar, sorbitol

The sun vitamin for big & small.

Vitamin D contributes to the absorption of calcium and the normal function of the immune system. It also supports the maintenance of normal bones and muscle function in adults. In children, vitamin D is needed for healthy growth and bone development.

Vitamin D3, also called cholecalciferol, is the form of vitamin D that our skin synthesises from cholesterol when exposed to the sun (UV-B). Vitamin D3 is activated in the liver, and further conversion to calcitriol occurs in the kidneys.

Cholecalciferol (also known as colecalciferol or calciol for short) is the most important physiological form of vitamin D in humans. Cholecalciferol is the precursor of active vitamin D, which plays a central role in the regulation of calcium and phosphate metabolism. It is used as a monopreparation to prevent and treat vitamin D deficiency. In combination with calcium, it is used against osteoporosis. Cholecalciferol is converted in the body to the active ingredient calcitriol.

Vitamin D3 600 I.E. supports...

- **... in the absorption and utilization of calcium in the bones**
If vitamin D is missing, no calcium is stored in the bones, but is released from the bone substance to keep the calcium level in the blood constant. If this happens over a longer period of time, there is a decrease in bone density.
- **... the immune system**
- **... elderly people**
With age, the body's own vitamin D production is less efficient
Vitamin D contributes to the maintenance of normal bones and teeth and normal muscle function
- **... children**
Vitamin D is needed for healthy growth and development of bones
Vitamin D contributes to normal immune system function in children
- **... people who spend little time outdoors**
Vitamin D3 is naturally formed in the skin under the influence of UV rays. In our latitudes, the sun's rays in the winter months are not intense enough for a sufficient vitamin D production.

Vitamin D determination

If there is a suspicion of a disease that could be related to vitamin D deficiency, one should definitely have a vitamin D determination done.

Calcitriol, the active form of vitamin D, is present in the blood only in very low concentrations and is difficult to measure. In addition, it has a short half-life and the calcitriol value often does not give reliable information about the vitamin D reserves in the body. The storage form calcidiol (25-hydroxy vitamin D) is better suited for diagnosing vitamin D deficiency. This is determined in most laboratories.

Already at the end of 2010, the Institute of Medicine (IOM) of the US National Academy of Sciences recommended aiming for a blood level of 20 ng/ml. The IOM had previously examined almost 1000 studies with vitamin D and/or calcium. It confirmed the long-known connection between vitamin D supply and bone quality.



Nutritional values	Per daily portion (1 capsule)	NRV*
Vitamin D3	15,00 µg	300%

*NRV = reference amount for daily intake according to the EU Food Information Regulation (LMIV)

Ingredients: Fillers (rapeseed oil), edible gelatine, humectants (glycerine, sorbitol), vitamin D3.

Additional information: Food supplements are not a substitute for a balanced nutrition. A balanced nutrition and a healthy lifestyle are important. Do not exceed the recommended daily dose. Store out of the reach of small children and at room temperature - please follow the corresponding package instructions. | RRP: Recommended Retail Price.

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