

VITAMIN D3 (60 TABS.)



PRICE: **21,10** EUR

SHIPPING TIME: 24 GODZINY

Catalogue no.: PY1155

EAN code: PY1155

DESCRIPTION OF THE

ITEM

A life-force vitamin, which has a huge impact on the functioning of your body. Your body can produce it on its own, provided that there is sunshine. Vitamin D is produced in the skin under the influence of the sun. In our geographical latitude, most of the sun reaches us in spring and summer, while in autumn and winter there is less sunlight, and we cover our skin to protect ourselves from the cold. Maintaining the proper level of Vitamin D in the body is crucial for bone and muscle health. Vitamin D also participates in the process of cell division and has a good effect on the body's immunity. The best sources of Vitamin D include eggs, fish, cow's milk and yellow cheese.