

VITAMIN D3 (60 TABS.)



PRICE: **21,10** EUR

SHIPPING TIME: 24 GODZINY

Catalogue no.: PY1155

EAN code: PY1155

DESCRIPTION OF THE

ITEM

VITAMIN D3

DIETARY SUPPLEMENTS

- 60 TABLETS of 665 mg

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.

INGREDIENTS:

Anti-caking agent: calcium phosphates; bulking agent: cellulose;
anti-caking agent: fatty acids; vitamin D3 (cholecalciferol);

emulsifier: magnesium stearate.

RECOMMENDED USE:

1 tablet a day during a meal.

Do not exceed the recommended daily dose.

KEY INGREDIENTS:

Content in the recommended serving (1 tab):

Vitamin D3..... 50 µg * / 1000% RI*

*RI - Reference Intakes

STORAGE CONDITIONS:

Store in a dry and cool place, out of reach of small children.

VITAMIN D3

- contributes to proper absorption of calcium and phosphorus
- contributes to maintaining proper blood calcium levels
- contributes to proper functioning of the immune system
- contributes to proper functioning of the muscles
- contributes to maintaining healthy bones
- contributes to maintaining healthy teeth

Do you need vitamin D3 supplementation?

Few days of sunshine per year, using sunscreen during sunbathing, which you should not give up, spending time indoors and, of course, a diet - these are the main reasons for vitamin D deficiencies

Answer the following questions. If you answered yes to at least one of them, you should consider supplementing with vitamin D.

- Do you eat enough foods rich in vitamin D (fatty fish, eggs, cheese)?
- Do you use sunscreen?
- Do you spend most of your day in the office, at home or indoor?

Do you know that...

Vitamin D helps reduce the risk of postural instability, muscle weakness and... falling? Falling is a risk factor for bone fractures in men and women aged 60 years and older?*

*Most effective with a daily intake of 20 µg, from any sources.

Nature's Sunshine encourages a healthy lifestyle. Dietary supplements cannot be used as a substitute for a varied diet. A balanced diet and healthy lifestyle are the basis for the proper functioning of the body.