



Vitamin D3 3,000 I.U. Capsules

Nutritional supplement

Good to know:

Vitamin D is essential for many vital functions. Vitamin D3, the active form of the vitamin in the body, plays an important role in achieving solid, sturdy bones and teeth, a strong immune system and healthy muscle functions. Although the body is able to produce vitamin D3 itself when exposed to sunlight, a nutritional supplement is recommended, generally in the winter months when there is little sunshine and especially for young and elderly people.

Ingredients: Bulking agent Microcrystalline Cellulose, Gelatine, Vitamin D3, separating agent Magnesium Stearate.

Each capsule contains 75 µg vitamin D3 corresponding with 3,000 I.U.

	per capsule (=daily dose)	% of NRV recommended daily dose*	per 100 g capsules
Vitamin D3	75 µg	1,500	19 mg

*NRV = Nutrient reference value for the daily intake according to VO (EU) No. 1169/2011

Recommended dose: Take 1 capsule per day with sufficient liquid.

Keep dry and out of direct sunlight. Store below 25°C. Nutritional supplements should not be used as a replacement for a balanced, varied diet, and do not replace a healthy lifestyle. Keep out of reach of small children. Do not exceed the recommended daily dose.

Contents 120 capsules = 46 g

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