

## Product information VITAMIN D3 VIDA

**Vitamin D3 Vida** contains vegetarian vitamin D3 (cholecalciferol) and medium chain triglyce-ride (MCT) from coconut oil of the highest quality.

Vitamin D contributes to normal immune system function, maintenance of normal bones and normal muscle function.

**Vitamin D3** (cholecalciferol) is a precursor of vitamin D, which is converted into the physiologically active vitamin D in the body. Our body can produce vitamin D3 itself: with the help of sunlight in the cells of the skin. However, the intensity of light and thus the formation of vitamin D3 is influenced by many factors, such as the position of the sun, the weather, etc.. Anything that gets between the bright sky and the skin can have an impact on the body's vitamin D production. For example, between November and April, the intensity of the sun in our latitudes is considered too weak for sufficient vitamin D to be produced in the skin.

### Supplementation with vitamin D is especially important for

- People who are rarely in the sun
- People who use sunscreen quickly
- Elderly people (vitamin D production in the skin decreases with age)

The bottle is made of special Miron Violet glass, which ensures the quality of the content and protects it from light.

### Recommended dosage

1 drop per day (800 IU).

### Directions for use

This product is not a substitute for a varied, balanced diet, fresh fruits and vegetables and a healthy lifestyle. Store in a cool, dry place out of the reach of small children. Do not exceed the recommended dosage.

### Minimum shelf life

36 months

### Ingredients

Medium chain triglycerides from coconut oil 91% (Southeast Asia), cholecalciferol (vitamin D3), antioxidant: alpha-tocopherol.

1 ml = 340 µg = 13 600 IU / UI D3.

### Note

Shake well before use!

### Nutritional values

Amount per daily dosage of 3 drops

Vitamin D	60 µg (=2400IE) (1200 %)*
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\* = % of the nutrient reference values (NRV)

### Net quantity

Net content 30 ml

One bottle of Vitamin D3 Vida contains 10'200 mcg (=408'000 IU) of vitamin D3 and corresponds to approx. 1'120 drops. One drop contains 20 mcg (=800 IU) of vitamin D3.

**PZN DE**

13750323

**PZN AT**

4765863

**PZN CH**

7181513



 100% natural

 No GMO

 Lactose-free

 Sorbitol-free

 Egg-free

 Gluten-free

 Nut-free

 Sugar-free

 Fructose-free

 Yeast-free

 Soy-free

 Vegetarian