

Vitamin A / D Complex - Product number B026 - 200 Vegicaps improved formula

Description

Vitamin A is a fat-soluble vitamin and contributes to: normal vision, the normal functioning of the immune system and the maintenance of normal mucous membranes and normal skin. Vitamin A also plays a role in the cell specialization process.

Vitamin D is a fat-soluble vitamin and contributes to: the normal functioning of the immune system, the normal metabolism of calcium and phosphorus, the maintenance of normal bones and teeth and the normal functioning of the muscles. Vitamin D also plays a role in the cell division process.

Ingredients and % Reference Intake per capsule:

Vitamin A (retinol acetate) 3300 I.E. (1000 mcg) 125%

Vitamin D3 (cholecalciferol) 800 I.E. (20 mcg) 400%

Lecithin (emulsifier, from soy) 100 mg

Natural Vitamin E. 5 I.E. (3.4 mg) 28%

Fillers: microcrystalline cellulose, vegetable magnesium stearate, calcium phosphate. **Anti-caking agent:** silicon dioxide. **Contains soy lecithin.**

Capsule shell: hydroxypropyl methyl cellulose (HPMC).

The added lecithin supports the absorption process of vitamins A and D in the small intestine. This product does not contain cod liver oil, animal gelatin, gluten, lactose or milk proteins.

Usage and warning:

Adults take 1 capsule per day with meals. Do not exceed recommended doses and keep out of reach of children. Do not use in hypersensitivity to any of the ingredients in this product. A dietary supplement is not a substitute for a balanced diet. Store at room temperature and in a dry place. Close packaging well after use. This dietary supplement is not suitable for children up to and including 10 years old. **Contains soy lecithin.**

New vitamin D (and A) legislation as of 1 January 2016 in Dutch language:

http://wetten.overheid.nl/BWBR0006541/geldigheidsDatum_26-01-2016

The Dutch government advises different maximum daily intakes for different age groups and pregnant women, see for explanation and legislation (in Dutch language):

http://www.vwa.nl/txmpub/files/?p_file_id=29462.

Recommendations vitamin D3 of the Health Council for adults and children (in Dutch language):

http://www.gezondheidsraad.nl/sites/default/files/samenvatting_vitamine_D.pdf of

<http://www.gezondheidsraad.nl/sites/default/files/201215evaluatievoedingsnormenvitamineD.pdf>