

## **Vitamin D3 25 mcg / 1000 i.e. - product number B046 - 200 tablets**

### **Description**

Now with 25 mcg (1000 i.e.) of vitamin D3 per tablet.

### **Vitamin D is a fat-soluble vitamin that contributes to:**

Vitamin D is important for the absorption of the minerals calcium and phosphorus from the diet and ensures a good calcium level in the blood.

Vitamin D is good for the calcium balance and is important for building and maintaining strong teeth and contributes to the maintenance of strong bones; the Health Council therefore recommends that seniors and people with dark skin color use extra vitamin D.

However, other functions of vitamin D have been demonstrated in recent years that are not related to the calcium balance. Vitamin D also contributes to:

Vitamin D has a positive effect on the immune system, supports the body's defenses and contributes to good resistance.

Vitamin D has a beneficial effect on the cell division process and plays a role in (the process of) tissue growth and development.

Vitamin D is important for normal muscle function and plays a role in maintaining smooth and strong muscles.

### **Ingredients and % Reference Intake per tablet:**

Vitamin D3 (cholecalciferol) 25 mcg = 1000 I.U. (500%)

**Fillers:** microcrystalline cellulose, rice starch, vegetable magnesium stearate, maltodextrin (gluten-free). **Anti-caking agent:** silicon dioxide.

### **Usage and warnings:**

Adults take 1 tablet per day with meals. Higher dosages according to expert advice. Do not exceed recommended dosage 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.

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

<http://wetten.overheid.nl/BWBR0006541/geldigheids datum 26-01-2016>.

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

[http://www.vwa.nl/txmpub/files/?p\\_file\\_id=29463](http://www.vwa.nl/txmpub/files/?p_file_id=29463)