



Vitamin D 1000 I.U.

Multitalent for your health

Food supplement

*lactose- &
gluten-free*

Multitalent for your health.

Important for the immune system, muscle function and strong bones

The essential role of vitamin D in the regulation of calcium metabolism and bone development and maintenance is well-known.

Recent research indicates however that the field of action of vitamin D is not only limited to bone health: indeed vitamin D also influences function of the immune system; it contributes to normal cell division and supports muscle activity.

The organism is able to synthesize its own vitamin D, in the skin, yet only if it is sufficiently exposed to the sun. However for several reasons, mostly due to our way of living and clothing, we voluntarily limit our exposure to the sun and therefore do not produce enough vitamin D. As a consequence the organism increasingly relies on the diet to cover its vitamin D needs. Foodstuffs rich in vitamin D, such as fish, are not present everyday in the diet. When the diet is not able to provide all the vitamin D needed by organism, intake of supplemental vitamin D is advised.

Daily intake of a single tablet of **Doppelherz® aktiv Vitamin D 1000 I.U.** helps refill vitamin D body stores and therefore contributes to improve health and well-being.

One tablet contains:

25 µg vitamin D.

Recommendation:

Take 1-2 tablets daily at meal with sufficient liquid. Do not chew.

Do not exceed the stated recommended daily dosage! Food supplements should not be used as a substitute for a varied diet. The product should be stored out of the reach of children.

Do not store above 25 °C.




Queisser
PHARMA

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