

Vitamin D3 drops 50 ml - Product number B061 - 50 ml.

Description

Each bottle is provided with a dropper.

Ingredients and % Reference Intake per 2 drops (0.06 ml):

Vitamin D3 (cholecalciferol)

400 i.e. (10 mcg) 200% RI

In a base of medium chain fatty acids (MCT, from coconut oil) and natural vitamin E. One drop (0.03 ml) contains 5 mcg of vitamin D3 = 100% RDA). This product does not contain soy, gluten, milk proteins and artificial flavors or sweeteners.

Vitamin D is a fat-soluble vitamin that in the body 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.

Vitamin D is important for building / developing the skeleton of children.

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 contributes to a good resistance of children.

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.

Usage and warnings:

Children up to and including ten years 2 to 3 times a day 1 drop and adults 3 to 5 times a day 1 drop or according to the advice of an expert.

Do not exceed recommended dosage. Keep out of reach of children. A dietary supplement is not a substitute for a varied diet.

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

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