

Vitamin D 2000 IU 120 Capsules

EAN: 5055148413033 FABRICANTE: LAMBERTS



Essential for bones, teeth and immune system.

DESCRIPTION

Vitamin D is called “the sunshine vitamin.” It is essential for bone health and can slow the progression of osteoporosis, strengthen the immune system, and help prevent some diseases. There are numerous studies on vitamin D that support the argument that we should all watch our vitamin D intake. What’s more, the body’s ability to produce vitamin D declines with age, so vitamin D deficiencies are common in older people.

Vitamin D is a fat-soluble vitamin that can be ingested through food or manufactured by the body as a result of sunlight hitting our skin. People with limited exposure to sunlight often choose to supplement their diet with extra vitamin D. It is also important for the normal absorption and utilization of calcium and phosphorus, and contributes to the process of cell division.

Without enough vitamin D, the body cannot absorb calcium from food or supplements. When blood calcium levels are low, the body will shift calcium from the bones into the blood to supply muscles (especially the heart muscle) and nerves with the amount they need. Over time, this reallocation of calcium leads to bone loss.

Vitamin D therefore contributes to reducing the risk of falls related to postural instability and muscle weakness. Falls are a risk factor for bone fractures in men and women over 60 years of age and this benefit is achieved with a daily dose of 20 µg. Today, scientists continue to discover more functions of vitamin D and health professionals recommend its intake, monitoring adequate levels through analyses.

Each Lamberts® Vitamin D capsule provides 2000 IU (as Vitamin D3), with Sunflower Oil, as it is essential for the absorption of this fat-soluble vitamin.

Vitamin D plays many important roles in the body, contributing to:

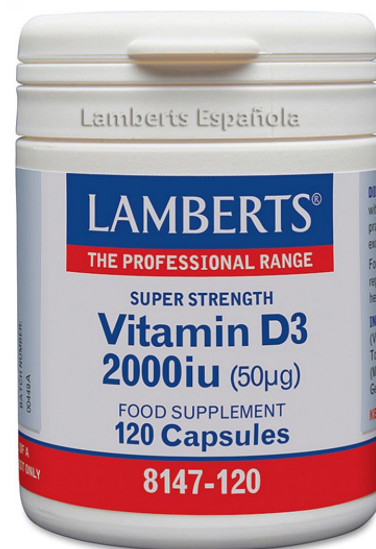
- Maintenance of normal bones.
- Maintenance of normal muscle function.
- Maintaining normal function of the immune system.
- Cell division process.
- Normal absorption/utilization of calcium and phosphorus.
- Normal blood calcium levels.





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Nutritional Information

Per capsule:

Vitamin D3 2000 IU (50 µg)


Instructions for use

Take 1 capsule daily with a meal.

Prices valid except for changes on our website. (IVA/VAT) included. Doc. Version bf-trf-G-20241120
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