

Vitamin D3 4000 IU 120 Capsules

EAN: 5055148409326

FABRICANTE: LAMBERTS



Vitamin D as D3, cholecalciferol 4000 IU (100 mcg) 120 capsules. Contributes to muscle function, immune system and more.

DESCRIPTION

LAMBERTS[®] Vitamin D is present in our products in the natural form D3 (as cholecalciferol), which is the most easily absorbed form.

The World Health Organization warns that deficiency of this nutrient causes various preventable disorders.

Similarly, this important nutrient is increasingly in the news as more and more research highlights the importance of maintaining adequate levels of vitamin D. There are many studies on vitamin D that support the argument that we should all be watching our vitamin D intake.

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 little exposure to sunlight are increasingly choosing to supplement their diet with extra vitamin D intake.

Nowadays, regardless of the country where you live, there is very little exposure to sunlight. We leave home to go to work, by subway, car or bus, staying indoors for 8 hours or more, so the natural benefit of sunlight we receive is minimal.

Vitamin D is essential for healthy bones and teeth and is important for a healthy immune system, normal muscle function, and the normal absorption and utilization of calcium and phosphorus.

It also contributes to the process of cell division and to maintaining normal blood calcium levels, which is why it is particularly important during the winter months and especially for older people, since the body's ability to produce vitamin D decreases with age.

Vitamin D also 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. This benefit is achieved with a daily dose of 20 µg per day.

As a result, the Department of Health now recommends Vitamin D3 400 IU (10 mcg) as a supplement for



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those with compromised nutrient intake.

Lamberts offers various forms of vitamin D, depending on each person's needs. Available in 3 concentrations: 400 IU, 1000 IU and 4000 IU, in small, easy-to-swallow tablets.

Soft capsule.

Each capsule provides:

Vitamin D3 4000 IU (100 mcg)

Disintegration time:

Less than 30 minutes.

Suitable for vegetarians.

Allergen note

The following list of allergens are excluded: wheat, gluten, barley, soya, eggs, milk and dairy products, lactose, nuts, sulphites, celery, fish, shellfish and yeast.

Precautions

It is not recommended for long-term use and should only be used under the supervision of a physician.

If you have kidney problems, high calcium levels (in blood or urine) or a tendency to form kidney stones, do not take it except on the advice of a doctor.

Not suitable for children under 11 years.

Instructions for use:

- Take 1 capsule daily with a meal.
- Do not exceed the expressly recommended daily dose.
- One container lasts: 120 days.

