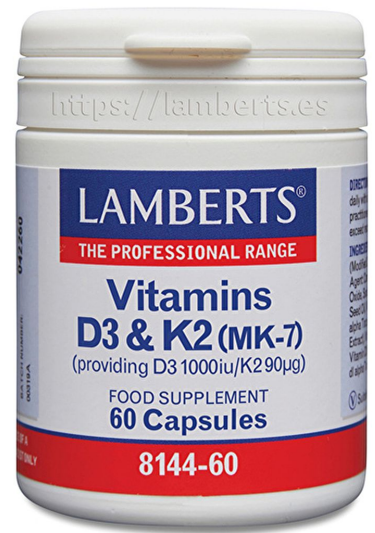


Vitamin D3 and K2 60 Capsules

EAN: 5055148411381 FABRICANTE: LAMBERTS



Vitamin D3 1000 IU and Vitamin K2 90 mcg in capsules. K2 as menaquinone (MK-7)

DESCRIPTION

Low levels of vitamin D and its impact on well-being are increasingly in the news as more and more research highlights the importance of this nutrient and the World Health Organisation (WHO) has also issued warnings for GPs to recommend its daily intake.

Vitamin D is essential for a healthy immune system, healthy bones and teeth, and is also important for normal muscle function. It also contributes to the process of cell division, among other health benefits, so there are many studies on vitamin D that support the argument that we should all be watching our vitamin D intake.

Vitamin D also contributes 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.

This vitamin 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.

New studies have demonstrated the synergistic effects of vitamin K (specifically, vitamin K2) and vitamin D in the area of cardiovascular health and bone strength.

Similarly, many experts believe that a subclinical vitamin K deficiency — a deficiency that is not large enough to impair blood clotting ability — may be widespread, contributing to osteoporosis and other age-related problems.

Vitamin K contributes to the maintenance of normal bones and normal blood clotting.

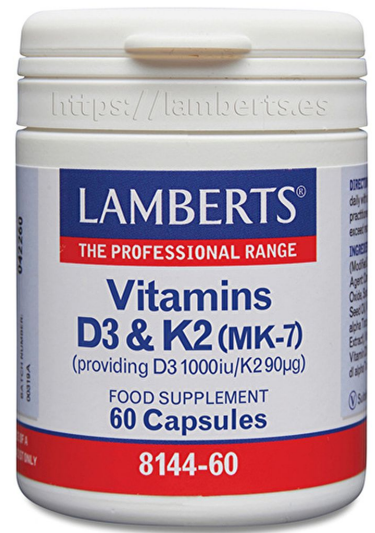
This product provides 1000 IU (25µg) of natural vitamin D3, as well as 90 µg of vitamin K2 in the form of Menaquinone (MK-7), in small, easy-to-swallow capsules.

- Vitamin D in the form of D3, whose absorption and utilization by the body is better than the D2 form.
- Vitamin K2 as Menaquinone-7 or MK-7. The form of vitamin K that remains in the body the longest,



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the most bioavailable and active.

- Vitamin K2 from fermented chickpeas to avoid the presence of the soy allergen in the final product.
- The vitamin K2 used is the only one on the market supported by clinical studies.
- With Sunflower Oil, essential for the absorption of Vitamin D and K, both fat-soluble.

It should be noted that in people undergoing treatment with anticoagulants, vitamin K supplementation, in addition to that found in multinutrient formulas, should be supervised by a health professional.

Black soft capsule.

Each capsule provides:

Vitamin D3 1000 IU (25 mcg)

Vitamin K2 90 mcg

Suitable for vegetarians.

Allergen note

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

Precautions

This product is not recommended for pregnant or breastfeeding women. People taking blood-thinning medications should consult their physician for doses of 100 µg or more of vitamin K.

Instructions for use:

- Take 1 to 2 capsules daily with meals.
- Do not exceed the expressly recommended daily dose.
- One container lasts: 60 days.

