

Vitamin D3 2000 vegan



Plant vitamin D3 from lichens

Vitamin D is also called sun vitamin because it is mainly formed in the skin by solar radiation and can only be absorbed in small amounts from food. The weak sunlight during the autumn and winter months reduces the body's own formation of vitamin D, a supplementary supply in the form of food supplements in the dark season is therefore recommended.

Vitamin D is a power substance that plays a key role in the human body, because vitamin D takes over countless tasks in the organism. It ensures, for example, that the intestines can absorb calcium and phosphorus from food. It is also involved in the maintenance of muscles, bones and teeth and supports the function of the immune system. Accordingly, a sufficient and stable vitamin D balance has a major influence on human well-being.

The vitamin D3 contained in Biogena Vitamin D3 2000 vegan is obtained from lichen and thus offers a purely vegetable alternative, especially for people living purely vegetarian or vegan, who want to ensure an optimal supply of the sun vitamin all year round.

Vitamin D3 2000 vegan

- Vitamin D contributes to maintaining normal muscle function, bone and calcium levels in the blood
- Vitamin D contributes to normal absorption and utilization of calcium and phosphorus
- Vitamin D supports the function of the immune system
- With vitamin D3 from purely vegetable origin

Possible applications

- To support the immune system
- For the preservation of bones and muscles
- For the normal absorption of calcium and phosphorus and the maintenance of a normal calcium level in the blood
- For an optimum supply of sun vitamin throughout the year
- For daily vitamin D supplementation, especially for purely vegetarian and vegan diets

Bioavailable micronutrients in pure form

- Only contain active ingredients
- Without colouring, flavouring and coating substances
- Gluten-free
- Lactose-free
- Fructose-free
- 100 % vegan
- hypoallergen

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- Tested quality

INGREDIENTS per daily dose	1 Capsule	% NRV*
Vitamin D3	50 µg	1000
<i>corresponds to I.U.</i>	<i>2000</i>	-

* % OF NUTRIENT REFERENCE VALUES IN ACCORDANCE WITH EU REGULATION 1169/2011.

INGREDIENTS

Bulking agent: powdered cellulose, hydroxypropyl methyl cellulose (capsule shell), cholecalciferol (from lichens).

RECOMMENDED DOSAGE

1 capsule daily taken with a meal and plenty of liquid.

NOTE

Food supplement in accordance with EU Directive 2002/46/EC

IMPORTANT NOTICE

Not suitable for under 11s.

PACKAGE SIZE AND CONTENT

180 capsules (pack for 6 months), 31 g

Food supplement: The recommended daily dosage should not be exceeded. No substitute for a balanced and varied diet and a healthy lifestyle. Store in a dark, dry place at room temperature. Protect from heat. Keep out of reach of children. Suitable for diabetics. The information provided here is not a statement on healing or a recommendation to self-medicate. Subject to print or typographical errors. Version 05.10.2018.



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