



Vitamin D3 5.600 I.U. Weekly Depot Capsules

Nutritional supplement

Vitamin D, the "sun vitamin", is indispensable for many vital functions. It supports the immune system and contributes towards maintaining healthy bones and a healthy muscle function, amongst others. In contrast to the other vitamins, the human body can produce its own vitamin D with the exposure to the sun. However, the skin's ability to produce vitamin D reduces considerably in the dark winter months, but also due to staying indoors and with increasing age. The German Society for Nutrition (DGE) therefore recommends taking 20 µg (corresponding with 800 I.U.) of vitamin D each day. Due to the fact that vitamin D can be stored by the body, vitamin-D3-5.600 I.U. weekly depot capsules are the perfect opportunity to cover the vitamin D level for 7 days - with just one capsule per week!

Each capsule contains 140 µg vitamin D3 corresponding with 5600 I.U.

Ingredients: Filler Microcrystalline Cellulose, Gelatin, Vitamin D3, separating agent Magnesium Stearate.

	per capsule (weekly consumption amount)	corresponds with a daily dose of	% of the recommended daily amount according to NRV*	per 100 g capsules
Vitamin D3	140 µg	20 µg	400	35 mg

* NRV = Nutrient reference value for the daily intake according to VO (EU) No. 1169/2011

Recommended use:

Swallow 1 capsule per week with sufficient liquid (e.g. 1/2 glass of water). Do not take at intervals of less than 7 days. Do not exceed the recommended daily dose of 1 capsule per week.

Keep dry and out of direct sunlight. Store below 25°C.

Nutritional supplements should not be used as a replacement for a balanced, varied diet, and do not replace a healthy lifestyle. Keep out of reach of young children. Do not exceed the recommended daily dose.

Made in Germany

Contents 26 capsules = 8 g

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