



## Vitamin D3 + K2 capsules

Nutritional supplement with vitamins D3 and K2

### Useful information:

Vitamin D3, the so-called "sun vitamin" is essential for many vital functions. Amongst other things, it contributes to the maintenance of healthy bones, teeth and normal muscle function and plays a role in the function of the immune system. Vitamin D3 should always be combined with vitamin K2 (Menachinon-7, MK-7). Vitamin K2 supplements the beneficial effects of vitamin D3 by making some of the vitamin-activated proteins more usable. Additionally, it ensures that calcium is brought into the bones and does not form deposits in the arteries and blood vessels. Vitamin K contributes to the maintenance of normal bones and normal blood clotting.

**Ingredients:** Microcrystalline Cellulose (bulking agent), Gelatine, Vitamin D3, Maltodextrin (bulking agent), Vitamin K2, (Menachinon-7, MK-7), Magnesium Stearate (release agent) and Silicon Dioxide.

	per capsule	per daily dose (=2 capsules)	% of NRV recommended daily dose*	per 100 g capsules
Vitamin D3	37.5 µg (1,500 U.I.)	75 µg (3,000 U.I.)	1500	10 mg
Vitamin K2	100 µg	200 µg	267	27 mg

\*NRV = Nutrient Reference Value for daily consumption according to Regulation (EU) No. 1169/2011

**Recommended dose:** Swallow 1-2 capsules 1 x per day with sufficient liquid.

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.

**Contents 240 capsules = 88 g**

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