



CHEMICALS AND
PHARMACEUTICALS
FREIBURG

VITAMINS & MINERALS

Vitamin D3 + K2 5.000 I.U + 100 MCG

What are Vitamins D3 and K2?

Vitamin D takes an essential part in building strong bones and teeth, but did you know that the main source for vitamin D is not always nutrition? It is the sun! Unfortunately the sun does not shine all the time or sometimes we do not get any sunlight on some days. Maybe your body does not get the needed dose of sunlight it needs.

Vitamin K2 (MK-7): similar to vitamin C vitamin K2 belongs to the group of fat-soluble vitamins. Therefore vitamin K2 needs to be taken with a moderate fat meal. Vitamin K2 is one of the main components for the mechanisms that regulate and activate coagulation in the body.

Furthermore activate K vitamins, especially vitamin K2, osteocalcin a protein found in bones. It is also indispensable for cell growth and muscle cells. In general K1 and K2 are differentiated but K2 has a much higher bioavailability and therefore it is the more efficient form of vitamin K. The effect of K1 and K2 is the same.





CHEMICALS AND
PHARMACEUTICALS
FREIBURG

VITAMINS & MINERALS

Vitamin D3 + K2

5.000 I.U + 100 MCG

Benefits of Vitamin D3 + K2

- _ Builds Strong Bones
- _ Small, Easy to Swallow Tablets
- _ Vegan

Ingredients

Pressing aids and release agents: (Microcrystalline Cellulose, Magnesium salts of fatty acids), Vitamin D3 (Cholecalciferol), Vitamin K2 (Menaquinone-7).

Content

90 Tablets

(à 0,11g = 9,9g) e

DIETARY SUPPLEMENT

Composition

Composition (Active ingredient)	Per 1 tablet	RDA%*
Vitamin D3 (Cholecalciferol)	125 mcg**	2.500%
Vitamin K2 (Menaquinon-7/MK-7)	100 mcg	135%

*RDA: percentage of the recommended daily dosage according to Annex 13 of Regulation VO (EU) 1169/2011 (LMIV).

** Vitamin D3 (125 mcg) corresponds to 5.000 I.U.

Consuming Recommendation

Take 1 tablet with plenty of fluids every 5 days. This corresponds to a daily consumption of 25 mcg (1.000 I.U, 500 %) of the daily requirement. Do not exceed the recommended dosage.

Storage Instructions

- _ Store in a cool & dry place.
- _ Keep away from direct sunlight.
- _ Keep out of reach of children.
- _ This product is a dietary supplement and not for medical use.
- _ This product is not intended to diagnose, treat, cure or prevent any disease.
- _ zu diagnostizieren, zu behandeln, zu heilen oder diesen vorzubeugen.