



# Vitamin D 2000 I.U.

Multitalent for your health

*lactose- &  
gluten-free*

The essential role of **Vitamin D** in the regulation of Calcium metabolism and bone development and maintenance is well-known.

Recent research indicates however that the field of action of Vitamin D is not only limited to bone health: indeed Vitamin D also influences function of the immune system; it contributes to normal cell division and supports muscle activity.

Vitamins are essential substances that should be taken in regularly as the body cannot synthesize them. An exemption is Vitamin D<sub>3</sub> because the skin is able to produce it by sunlight. The own Vitamin D synthesis depends on the capability of sunlight to reach deeper tissue layers of the skin. A high pigmented skin is less permeable to sun light than a light pigmented skin also the capability of elderly people's skin to synthesize Vitamin D is decreasing.

Daily intake of a single tablet of **Doppelherz® aktiv Vitamin D 2000 I.U.** helps refill Vitamin D body stores and therefore contributes to improve health and well-being.

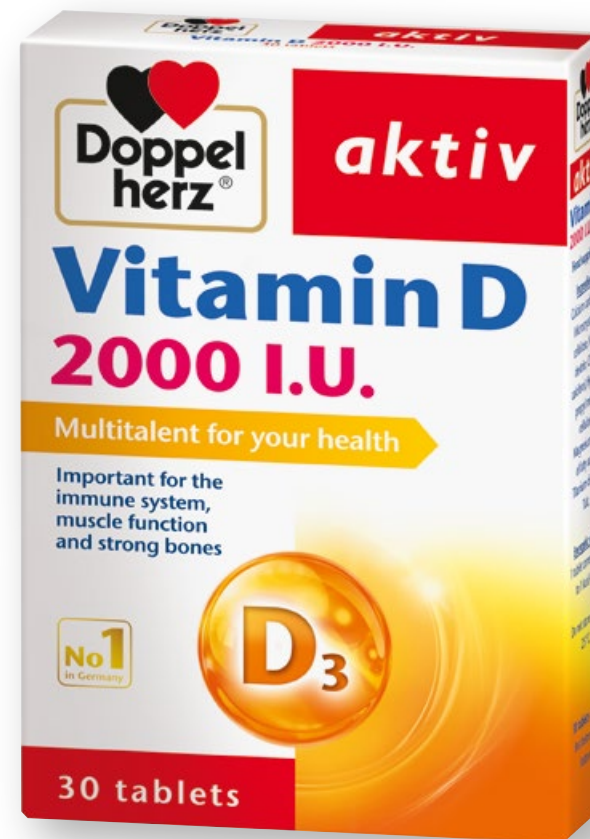
**One tablet contains:**  
50 µg Vitamin D

**Recommendations:**  
Take 1 tablet daily with enough liquid.  
Do not chew.

Do not exceed the stated recommended daily dosage!  
Food supplements should not be used as a substitute for a varied diet.  
The product should be stored out of the reach of children.

Do not store above 25 °C.

**Energetic value:**  
1 tablet corresponds to 1 kcal/4 kJ.



  
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