



VITAMIN D3

IS AN ESSENTIAL «SUNNY» VITAMIN



A warm sunny day
in each capsule



VITAMIN D3 HELPS:

- 1 Maintain the function of the immune, nervous and reproductive systems.
- 2 Ensure the strength of bones and teeth.
- 3 Regulate metabolism.
- 4 Normalize brain function.
- 5 Support muscle strength.
- 6 Increase vigor.

NATURAL SOURCES OF VITAMIN D:

- UV rays
- Products of animal origin



VITAMIN D IS PRODUCED UNDER THE INFLUENCE OF ULTRAVIOLET LIGHT.

Unfortunately, sunlight cannot provide the daily requirement for this group of biologically active substances for the following reasons:



- The production of vitamin is possible only when exposed to B-spectrum of ultraviolet radiation that doesn't penetrate through glass, clothes and sunscreen.



- The slightest obstacles such as dust, smog, clouds reduce the synthesis of the vitamin.

- The darker the skin, the worse it produces vitamin D.

WHEN D3 IS DEFICIENT:

- 1 The formation of cells and bone structures is reduced.
- 2 The functioning of the immune system is disrupted.
- 3 The ability to transmit excitatory impulses through the nerve bundles and muscles is reduced.
- 4 Muscle performance is reduced.
- 5 Metabolism gets worse.
- 6 The functioning of the heart muscle is deteriorated.

COMPOSITION OF GREENFLASH VITAMIN D3 2000 IU:



Cholecalciferol is the most digestible form of vitamin D. Fat-soluble vitamin D3 is best taken with those oils, which further promote absorption.



Olive oil is highly bioactive. It contains polyunsaturated fatty acids, including oleic acid, vitamins E, K, B4 and minerals. Oleic acid is involved in the construction of cell membranes, serves as a source of energy, and also prevents oxidative processes.



The capsules are made of beef gelatin, which is confirmed by the Halal certificate.



Convenient dosing. One capsule of 2000 IU provides the maximum daily dosage in one intake.

DOSING



The drugs recommended for the prevention of vitamin D deficiency are cholecalciferol (D3) and ergocalciferol (D2).

People aged 18–50 years are recommended to get at least 600–800 IU of vitamin D per day to prevent vitamin D deficiency.

To maintain 25-hydroxy vitamin D levels above 30 ng/mL, a daily intake of at least 1,500–2,000 IU of vitamin D may be required.

Clinical guidelines of the Russian Association of Endocrinologists for the diagnosis, treatment and prevention of vitamin D deficiency in adults. Problems of endocrinology. Pigarova E. A., Rozhinskaya L. Ya., Belaya Zh. E., Dzeranova L. K., Karonova T. L., Ilyin A. V., Melnichenko G. A., Dedov, I. I. 2016; 62(4):60–84.

1 IU = 0.025 µg cholecalciferol

1 µg vitamin = 40 IU

RECOMMENDATIONS FOR USE

Adults – 1 capsule per day with meals.
Duration of admission – 2–3 months.
The course can be repeated if necessary.

1 capsule = 50 µg (2,000 IU) Vitamin D3 (500%* of AI).

* Does not exceed the upper permissible consumption level according to MR 2.3.1.2432-08.

Products can be purchased from the company managers
on the website nlstar.com or in NL Store shops.



DIETARY SUPPLEMENT.
IT IS NOT A MEDICINAL PRODUCT.
A SPECIALIST'S CONSULTATION REQUIRED.