

D3K2 SUNSHINE IN A CAPSULE

D3K2 Vitamin is an incredible source of high-quality vitamins, and it's the perfect addition to your healthy living.



Product description

Deficiency can lead to osteoporosis. Vitamin D acts in a number of different physiological processes in the body, it helps maintain normal bone structure and muscle function. The vitamin also helps to maintain the normal functions of the immune system and in the body's cell division processes.

Vitamin D contributes to the normal absorption and use of calcium, which in turn is important for maintaining normal bone structure and healthy teeth. Adequate intake of the vitamin contributes to normal calcium levels in the blood, as well as the absorption of the important mineral phosphorus.

Vitamin K2 is particularly important for transporting the mineral calcium to the skeleton and thus contributes to maintaining normal bone structure. Vitamin K works by activating a number of proteins in different places in the body. This activation leads to the proteins being able to bind calcium.

K2 should be **combined** with vitamin D because vitamin D helps the body absorb (take up) calcium in the body, while K2's function is mainly to move the calcium to our bones and teeth where the calcium should be.

During the winter months, the sun's rays are not strong enough to stimulate our own production of vitamin D since Vitamin D is formed in the skin through sunlight. Therefore we are dependent on getting it through our diet or dietary supplements.

Important functions of D vitamin

Vitamin D is a vital vitamin and has a number of different functions in the body.

- Immune system: Contributes to the normal functioning of the immune system.
- Skeleton: Helps with the absorption of calcium and phosphorus and maintain normal calcium levels in the blood, which is essential for the skeleton.
- Muscles: Helps the body maintain normal muscle function.
- Cells: Vitamin D has a role in the cell division process.
- Increases the absorption of calcium and normal calcium levels in the blood, while the vitamin K helps transport it to the bones.
- Contributes to maintaining normal bone structure and muscle function.

Supplemental facts and Ingredients



SUPPORTS NORMAL JOINT MOTION AND A HAPPY MOOD, AND MAINTAINS NORMAL CARDIOVASCULAR FUNCTION AND IMMUNE SYSTEM.

Dietary supplements should not be used as an alternative to a varied diet. The recommended dosage should not be extended. Store at a cool, dry place out of reach of children.

IF PREGNANT, CONSULT YOUR HEALTH-CARE PRACTITIONER BEFORE

Consumer contact:
nordicwell.eu

**D3 2000 IU
K2**

SUNSHINE IN A CAPSULE
90 CAPSULES

D3K2

SUPPLEMENT FACTS		
Serving size: 1 capsule Serving per container: 90		
Amount per serving		% DRI*
D3	50 µg (microgram)	1000
K2	70 µg	93

* Daily Recommended Intake
** Not Established

OTHER INGREDIENTS: Microcrystalline cellulose (E460), silicon dioxide, magnesium stearate (E470b).

DOSAGE: 1-2 capsules per day preferable with a meal

DIETARY SUPPLEMENT

The bottom right corner of the product label features three logos: the Swedish flag, the ISO 9001 certification logo, and the GMP (Good Manufacturing Practice) certification logo.

The recommended dose should not be exceeded. Dietary supplements should not be used as an alternative to a varied diet. Keep out of the reach of small children. Use it with care and speak with a doctor before taking it.

How to use

1-2 capsules per day, preferably with a meal.. Best taken in the evening.

To further boost your immune system, add our Omega 3 Life and Astaxanthin as an additional support to obtain a more powerful uptake in your body and for optimal results.



Warning

The recommended dose should not be exceeded. Dietary supplements should not be used as an alternative to a varied diet. Keep out of the reach of small children.

Storage:

Dry at room temperature.

D vitamin sources

Vitamin D3 is formed from 7-dehydrocholesterol (7-DHC) in the skin with the help of ultraviolet B (UVB) light. Apart from sunlight, we get smaller amounts of vitamin D through the diet, mainly from fatty fish, vitamin-enriched dairy products or vitamin D supplements.

There are few foods that are considered to be a naturally rich source of vitamin D, most of which are of animal origin and thus contain vitamin D3 (egg yolk, fatty fish, meat, liver and kidney).

K2 sources

Vitamin K2 (menaquinones) is mainly found in meat and fermented foods, such as cheese. The study shows that the association with the reduced cancer risk was strongest when vitamin K2 came from dairy products compared to when meat or meat products were the source. Vitamin K1 (phylloquinone) is found in green leafy vegetables.

Why take D3K2 vitamin

- If you struggle to get enough sunshine
- If you feel worn down and fatigued
- If you want a powerful form of high-quality vitamin D3
- if you want to boost your intake of vitamin K2
- If you want a convenient and easy source of nutrition

Are vitamin D3 and vitamin D the same thing?

Vitamin D is a fat-soluble vitamin (actually a group of prohormones) that exists in two main forms: D2 (ergocalciferol) and vitamin D3 (cholecalciferol), where D3 is the form most easily absorbed by the body.

Becoming nutrient deficient is easier than you think

Vitamin D is formed in the skin through sunlight. In the northern latitudes, it is difficult to get enough sunlight exposure during the winter months. Therefore, it can be beneficial to supply vitamin D through the diet or food supplements.

Vitamin D is produced when the skin is exposed to the sun. However, modern life is busy, and it can be a struggle to get enough sunshine, leaving you at risk of vitamin D deficiency.

Age, skin tone, body weight, health status, and prescription medications—including steroids and antibiotics—can also significantly reduce your body's ability to produce enough vitamin D.

Though you can find vitamin K in many foods, modern food processing often results in foods containing little to no nutrients, making it challenging to get your daily vitamin requirements from diet alone.

Studies show that approximately one billion people in the world are vitamin D deficient or have low vitamin D levels. Older people are overrepresented, but vitamin D deficiency occurs at all ages. Risk groups with increased vulnerability to vitamin D deficiency: elderly people.

Almost half of all US adults are vitamin D deficient and have difficulty getting enough dietary vitamin K.

This can explain why people are exhausted, catch infections easily, and feel worn out.

Causes of vitamin D deficiency:

- Lack of sunlight
- Genetic factors

Replenishing D vitamin can be difficult

You might be surprised that you can still be D vitamin deficient if you regularly get sunshine. Depending on your location, the sun's ultraviolet B radiation may not be powerful enough to trigger D vitamin production. Only areas near the equator deliver all-year-round UVB rays needed to activate D vitamin.

While some foods contain vitamin D, most dietary sources only deliver small amounts, and it's almost impossible to get enough vitamin D from the foods we eat.

Supplementation is a great choice to replenish D vitamin, unfortunately, most D vitamin supplements contain vitamin D2, a less effective form of D vitamin. We use D3 with K2 vitamin and we only use vitamin D3, the same powerful form of D vitamin that's naturally produced in your skin.



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