

Vitamin D3

Food supplement with **Vitamin D**

Contributes to the normal function of the **IMMUNE SYSTEM**
and to the **maintenance of NORMAL BONES**

30 orodispersible films

Orange flavour

GLUTEN-FREE | LACTOSE-FREE | WITH SWEETENER

Vitamin D3 is a food supplement containing **Vitamin D**.

Vitamin D is only naturally present in certain foods such as eggs, certain fatty fish such as anchovies, sardines, mackerel, and dairy products. The average daily requirement of **Vitamin D** is around 1,000 to 2,000 IU (International Units), depending on factors such as age, gender, body weight, pregnancy, and menopause. However, only 20-25% (i.e. no more than 300 IU) of this requirement is usually met by diet alone.

As such, the main source (at least 600-800 IU/day) of **Vitamin D** should be generated through UVB-mediated synthesis, which occurs when the skin is exposed to sunlight

Clinical and epidemiological studies have shown that for the majority of the population, the daily intake from food and sunlight is insufficient to ensure adequate levels of **Vitamin D** in the body.

Vitamin D impacts several processes of the human body.

It contributes to normal absorption/utilisation of calcium and phosphorus by the body, maintaining normal blood calcium levels and also to the maintenance of normal bones, which can be important in individuals particularly at risk such as menopausal women, who often have osteoporosis, an age-associated disease in which there is increased bone fragility

Vitamin D also contributes to the normal function of the immune system.

Therefore, it is important to maintain a sufficient level of this vitamin in the body by paying attention to the different stages of life in which a deficiency might occur.

Vitamin D deficiency is not only related to physiological conditions but can also be related to habits or lifestyle. People who spend a large amount of time indoors may not synthesise adequate levels of **vitamin D**.

Vitamin D3 IBSA is a food supplement that can be used to prevent **Vitamin D** deficiency.

Vitamin D3 IBSA is available in orally dispersible films, offering a convenient and easy-to-use form of supplementation:

- no water needed

- dissolves on the tongue quickly

It can be taken at any time, making it ideal for **individuals with swallowing difficulties**, those who are bedridden, or those in fragile health.

INGREDIENTS

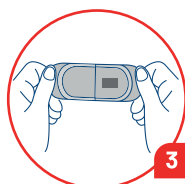
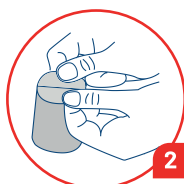
Maltodextrin; Humectant: Glycerol; Water; Sweetener: Mannitol; Extra virgin olive oil; Orange flavour; Firming agent: Polyvinylpyrrolidone vinyl acetate copolymer; Antioxidants: Ascorbic acid; Alphatocopherol; Emulsifier: Mono- and diglycerides of fatty acids; Colours: Iron oxides and hydroxides; Emulsifier: Polyoxyethylene sorbitan monooleate; Sweetener: Sucralose; Vitamin D3 (cholecalciferol); Thickener: Sodium alginate.

DIRECTIONS FOR USE

It is recommended to take 1 orodispersible film a day for at least 30 days unless otherwise instructed by your doctor.

INSTRUCTIONS FOR USE

Important: do not handle the orodispersible film with wet hands.
Follow the instructions in the pictures:



WARNINGS

The expiry date refers to the product properly stored in an intact package. Store in a cool and dry place. Avoid exposure to heat, light and temperature changes.

Food supplements should not be used as a substitute for a varied diet and healthy lifestyle.

Do not exceed the recommended daily dose.

Keep out of the reach of children under the age of 3 years.

Manufactured by:

IBSA Farmaceutici Italia S.r.l., Via Martiri di Cefalonia, 2 - 26900 Lodi
in the production plant of Cassina de' Pecchi, via S.S. n.º 11, Padana Superiore Km 160 - 20051

IBSA, applying IBSA FilmTec® technology, has developed a line of food supplements food supplements in orodispersible film (ODF).

The new formulations, consisting of an **ultra-thin strip** of small size (thickness 50-150 µm), **dissolves quickly once placed in the mouth**, ensuring bioavailability of the active ingredient. IBSA food supplements in an orodispersible film are also an **excellent solution** for **those who have difficulty swallowing** and taking the usual oral forms with water.

Discover the IBSA dietary supplement line with IBSA FilmTec® technology:

Vitamin D3 IBSA - 30 orodispersible films - Food supplement containing Vitamin D. Contributes to the normal functioning of the **immune system** and the **maintenance of normal bones**.

Vitamin B12 IBSA - 30 orodispersible films - Food supplement containing Vitamin B12.

Contributes to normal **energy-yielding metabolism**.

Iron IBSA - 20 orodispersible films - Iron-based food supplement. Iron contributes to the normal formation of **red blood cells** and **haemoglobin**.

www.vitaminD3ibsa.com