

# D3-3000 IU Gold

DIETARY SUPPLEMENT



Vitamin D has attracted plenty of attention in recent years. It has many different functions and is therefore important for overall health. Vitamin D contributes to a good immune system and to the preservation of strong bones. It has recently been discovered that vitamin D is important for normal muscle function and therefore has a possible impact on sports performance. Since then, there has been increasing interest shown by the sports world in the special properties and possibilities of vitamin D.

D3-3000 IU Gold is a welcome addition to the daily diet of professional and recreational athletes. D3-3000 IU Gold contains Quali@-D, a branded ingredient produced by DSM. Quali-D is extracted from lanolin in wool. This wool comes from healthy living sheep from Australia and New Zealand. An advanced production method is used to obtain a highly stable and easily absorbed end product.

## NZVT Certified

D3-3000 IU Gold is produced in accordance with the anti-doping standards and other standards of the NZVT system (Anti-Doping Authority for the Netherlands) and therefore displays the NZVT logo. D3-3000 IU Gold can be used by top athletes with confidence, so that they can concentrate on delivering an optimum athletic performance with peace of mind.

## Special ingredient

Quali@-D vitamin D3

## Additional information

This product does not contain any known allergens and is suitable for vegetarians.

## Recommended use

Take one capsule a day with plenty of water, preferably with a meal.

## Health Claims

- The most effective form of vitamin D
- Good for muscles and bones
- Supports the immune system
- Extra high dose
- 3000 IU (75 mcg) per capsule

### Composition per daily dose (one vegetarian capsule)

Ingredient	Quantity	% RI	Compound
Quali@-D vitamin D3	75 mcg (3000 IU)	1500%	
RI = Reference intake / * RI not determined			

Premium vitamins by DSM – [www.qualityforlife.com](http://www.qualityforlife.com). Quali@-D is a Trademark of DSM



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Many athletes are deficient in vitamin D in the winter months. Vitamin D is a fat-soluble vitamin and is involved in many processes in the body. It is important for bone preservation, the immune system, and muscle function.

## Can be used:

- By people with a darker skin colour
- When there is insufficient exposure to sunlight, such as when taking part in indoor sports (gymnasts, swimmers, skaters, and indoor team sports)
- When athletes protect themselves from the sun (via clothing or sunscreen) and have little exposure to UV-B (e.g. with early morning training)
- By people with a vitamin D deficiency (<50 nmol/l) or inadequate value (<75 nmol/l)

## Additional information:

- From September until April, the production of vitamin D via UV-B rays is non-existent as the sun is too low in the Northern hemisphere
- It is virtually impossible to obtain sufficient vitamin D from fatty fish (herring, sardines, mackerel, and salmon), half-fat and full-fat margarine, and cooking fats and oils
- Vitamin D is absorbed better when taken with a meal containing fats. There is no difference between polyunsaturated and monounsaturated fats
- There is still some discussion in literature focusing on vitamin D and sports performance as to what a good vitamin D value is. In general, a level of 75–120 nmol/l is maintained in literature as a target value for athletes

Vitamin D3 can be combined effectively with Krill Omega 3 Gold.



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