

D3-3000 IU Gold

DIETARY SUPPLEMENT



It is vital that athletes consume enough vitamin D. Vitamin D actually helps you stay strong and fit. This is because vitamin D plays a significant role in retaining strong muscles and bones. Vitamin D also supports your immune system, which is extremely important for athletes. You want your immune system to function perfectly, certainly during intensive training or competition periods.

High dose vitamin D

D3-3000 IU Gold provides an extra high dose. Per capsule this supplement contains 75mcg (3000 IU) of vitamin D3. This high dose is ideal for athletes with increased vitamin D requirements. Vitamin D supplements are an ideal way to consume more vitamin D. This is particularly interesting in the darker autumn and winter months, as your body produces less vitamin D in these periods. Vitamin D is actually produced in your skin when exposed to the sun. This is usually enough in the spring and summer, but in autumn and winter it often isn't.

When to choose a high dose vitamin D?

It can sometimes be difficult to decide whether it's better to take a low or high dose vitamin D. In many cases a daily intake of 600 IU vitamin D will be enough to maintain good levels. That's why Virtuoos also has D3-600 IU Gold in its range. However, athletes often go for a high dose vitamin D supplement. The reason for this is that many athletes notice that they need more vitamin D. Vitamin D levels are determined via a blood test, in which vitamin D levels in the blood of between 75 - 120 nmol/l are generally considered as being optimal. If vitamin D levels in the blood are lower, a vitamin D supplement can be used.

High dose vitamin D is interesting for:

- People with low vitamin D levels (determined via a blood test)
- Athletes with an increased requirement
- When there is insufficient exposure to sunlight, for example athletes who train indoors. If you are not outside daily for 30 minutes with your hands and face uncovered.
- People with a darker skin colour, particularly in the autumn and winter months.

Vitamin D3 supplements

D3-3000 IU Gold contains vitamin D3 (cholecalciferol). The most effective form of vitamin D. We use DSM's Quali®-D vitamin D3. This Branded Ingredient is extracted from lanolin in wool from healthy and living sheep from Australia and New Zealand. The advanced production method guarantees that the vitamin D3 supplement is of the very highest quality.

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

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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. Quali®-D is a Trademark of DSM



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