

D3-600 IU Gold

DIETARY SUPPLEMENT



Vitamin D is a special vitamin. In contrast to other vitamins, your body can make its own vitamin D. Vitamin D is actually formed when your body is exposed to sunlight. However, this exposure is not always sufficient, which means that you need to consume this via your diet or supplements. In the Netherlands, where the sun's rays are weak for a large part of the year, your body cannot produce vitamin D optimally. Many people would benefit from a vitamin D supplement during the colder autumn and winter months. People with dark skin can benefit from vitamin D supplements year-round. Older people and pregnant women are also advised to supplement their diet with vitamin D.

Vitamins D for athletes

Vitamin D is vital for avid athletes. This vitamin actually plays a role in many bodily functions that are essential for athletes. For instance, vitamin D is important for muscle function, which of course forms the basis for every sporting performance. As vitamin D also plays an important role in the absorption of calcium in the bones, vitamin D can help keep your bones strong. Your body also needs vitamin D to produce cells and tissues. Make sure you take enough vitamin D to ensure optimal muscle training and muscle growth. As athlete you can take you extra vitamin D daily in the form of a supplement.

Vitamin D and immunity

Vitamin D is important for your immune system; it contributes to keeping your immune system healthy. A healthy immune system is vital for athletes, as you cannot train and perform at your best if you're ill. That's why a vitamin D supplement is a permanent feature of basic supplements athletes take, certainly during the autumn and winter months of September to April (when there's an 'r' in the month). Non-athletes also benefit from taking vitamin D supplements to help build their immunity.

How much vitamin D do you need?

A daily vitamin D3 intake of 400 - 600 IU is enough to maintain good vitamin D levels. IU stands for International Units. IE is also used for this, which stands for Internationale Eenheden (units). 400-600 IU (or IE) is equivalent to 10-15 mcg of vitamin D. Vitamin D3-600 IU Gold is therefore ideal as supplement for maintaining your vitamin D levels. If you have higher vitamin D3 needs or if your vitamin D levels are lower, you can use D3-3000 IU Gold. In the sporting world, a vitamin D concentration in the blood of 75 - 120 nmol/l is generally accepted as a good vitamin D level.

When can Vitamin D3-600 IU Gold be used:

- Year-round by people with darker skin
- From September until April, when the production of vitamin D via the sun's UV-B rays is low in the Netherlands.
- 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.
- Women aged over 50 and men aged over 70 and pregnant women.

Vitamin D3 supplements

As Vitamin D3 (cholecalciferol) is the active form of vitamin D, this form is preferable above the other form, vitamin D2 (ergocalciferol). Quality comes first at Virtuoos, which is why we have selected Quali@-D vitamin D3, a DSM Branded Ingredient. Quali-D is extracted from lanolin in wool. This wool comes from healthy living sheep from Australia and New Zealand. The advanced production method ensures that the vitamin D3 supplement is extremely stable and easily absorbed.

NZVT Certified

D3-600 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. D3-600 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
- 600 IU (15 mcg) per capsule

SPORT
ULTIMATE DOPE-FREE SPORTS SUPPLEMENTS



D3-600 IU Gold

DIETARY SUPPLEMENT



Composition per daily dose (one vegetarian capsule)			
Ingredient	Quantity	% RI	Compound
Quali®-D vitamin D3	15 mcg (600 IU)	300%	
RI = Reference intake / * RI not determined			

Premium vitamins by DSM – www.qualityforlife.com. Quali®-D is a Trademark of DSM



SPORT
ULTIMATE DOPE-FREE SPORTS SUPPLEMENTS

