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## NUTRA D3

NUTRA D3 is a dietary supplement based on D3 Vitamin extracted from *Lichen Cladonia Rangiferina*.

Glass bottle of 120 tablets.

1 tablet = 2000 U.I. (50 mcg) D3 Vitamin.

NUTRA D3 is a dietary supplement based on D3 vitamin which contributes to the normal absorption of calcium and phosphorus, the normal levels of calcium in the blood, the well-being of bones and teeth, the muscle and the immune system function and which intervenes in the process of cell division.

D3 Vitamin (*Cholecalciferol*) is known for its role :

- In the absorption of calcium, one of the main constituents of skeleton and teeth, resulting in the prevention of bone diseases (osteoporosis and rickets).
- In the assimilation of A vitamin.
- In the muscle contraction and trophism.
- In the fight against diabetes and metabolic syndrome.
- In the immune defense against viral infections.

International scientific societies define optimal blood levels of D Vitamin >30 ng/ml; on the contrary, lower values indicate deficiency/insufficiency conditions.

It is also suggested the intake of D vitamin for preventive purposes in some population groups (elderly people and post-menopausal women), regardless of clinical conditions and blood values, with recommended daily doses between 1000 and 4000U.I.