

NUTRIENT

# D-vital® CALCIUM

CALCIUM / VITAMIN D3 + VITAMIN C

## Vital for your bones

**D-vital® CALCIUM** (with vitamin C) protects the bone mass a person definitively acquires by the end of adolescence. Our skeletal framework not only supports- and protects the body's organs, but also allows movement.

The skeleton's bones are composed of approximately 25 % water, 25 % fibrous protein and 50 % mineral salts. Among these mineral salts, calcium plays a major role.

You must therefore protect and maintain your bone mass:

- protect it with a balance diet;
- maintain it by adequate physical exercise.

At certain periods of life, especially for women, a diet rich in calcium and in vitamin D3 is recommended.

**D-vital® CALCIUM** (with vitamin C) is a nutrient in the form of an ideal combination of calcium, vitamin C and vitamin D3. This combination is specifically designed to complete the nutritional needs of women for whom a calcium supplement is necessary during certain periods of their lives: adolescence, pregnancy, women around and over fifty.

Many adolescents do not consume enough calcium. It seems thus advisable to ensure a calcium and vitamin D3 supplement.

Vitamin D3 is indispensable for the use of calcium by your body.

Vitamin C is an essential element for bone building.

**D-vital® CALCIUM** (with vitamin C) covers, in a single daily dose, more than 62 % of the recommended daily calcium allowances, 100 % of the vitamin D3 allowances and 37,5 % of the vitamin C allowances.

**D-vital® CALCIUM** (with vitamin C) offers the following three advantages:

- A PRACTICAL PRESENTATION: a box of 40 sachets of effervescent granules with very fast dissolution.
- A FRUITY TASTE: ORANGE or PASSIONFRUIT, very pleasant
- LOW SUGAR, NO SALT

**D-vital® CALCIUM** (with vitamin C) can be used for years to protect your bone mass.

**ENERGETIC VALUE:** 8.2 Kcal per sachet or 35 KJ/sachet

Lipids	0 g
Proteins	0.04 g
Saturated fatty acids	0 g
Glucide	0.34 g
Dietary fibre	0 g
Sugar	0 g
Sodium	0 g

**INGREDIENTS:** 1 sachet contains: Calcium carbonate 1.25 g (= 500 mg CALCIUM = 62.5 % RDA\*) - VITAMIN C 30 mg (= 37.5 % RDA\*) - VITAMIN D3: 5 µg - 200 IU (= 100 % RDA\*) - Acidifier: Citric acid 2.175 g - Glucono delta lactone - Modified starch A and B - E421 - Artificial sweetener: Aspartam - Natural orange or passion-fruit flavor - Coloring agent: E110 (\*\*\*) (orange) or E110-E101 (passion-fruit) - Gelatin - Sugar - antioxidant: E307.

(\*\*\*) Recommended Daily Allowances).

(\*\*) The coloring agent E110 may have an adverse effect on activity and attention in children. A sachet of **D-vital® CALCIUM** (with vitamin C) contains 40 mg of aspartam: the acceptable daily intake is 40 mg for one kilogram of body weight. Contains a source of phenylalanine.

**USAGE:** Usually 1 sachet a day dissolved in 1/2 glass of water, during a meal for example. Dissolution is very rapid.

**PRESENTATION:** Box of 40 sachets of effervescent granules, i.e. a month of dietary supplement in calcium, vitamins C and D3

**STORAGE:** store in a dry place, below 25° C.

**MANUFACTURER:** HERMES PHARMA Ges.m.b.H., A- 1030 Vienna

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