



Dr. Rath Vitamin D3™ *Liquid*

Dr. Rath Vitamin D3™ *Pocket*

Reap the benefits of an extra supply of Vitamin D

Vitamin D is a crucial factor for our health. To an increasing extent, health experts are recommending additional supplementation with this essential nutrient. Whilst, in recent years, the recommended daily allowance of vitamin D has been raised in some countries, to achieve an optimal supplementation all the year round an extra supply is especially important during the months when there is less sunlight.

The reason for this is that human beings can produce vitamin D in their skin from sunlight.

In fact, vitamin D synthesis in the skin is the main source of vitamin D for our body. For this reason it is vital to be exposed to sufficient sun. Special attention therefore needs to be paid to the body's levels of vitamin D during the dark winter months.

With *Dr. Rath Vitamin D3™ Liquid* and *Dr. Rath Vitamin D3™ Pocket* you have an easy way to obtain the sunshine vitamin and refill your body reserves with this essential nutrient!

Vitamin D is involved in numerous metabolic processes in our body. The body itself is the main source of vitamin D, but only as long as the skin sees sufficient sunlight. *Dr. Rath Vitamin D3™ Liquid* and *Dr. Rath Vitamin D3™ Pocket* contain vitamin D in its particularly bioavailable cholecalciferol (vitamin D3) form:

- For the support of a normal function of the immune system
- As a contribution to the maintenance of normal bones and teeth
- In addition, vitamin D plays a role in cell division and metabolic processes at the cellular level

Content liquid solution:

1 spray contains:
Vitamin D3 10 µg (400 IE)

Contents of one tablet:

Vitamin D3 37.5 µg (1.500 IE)

µg = microgram
IU = international units

Special Formula

Dr. Rath Vitamin D3™ Liquid and *Dr. Rath Vitamin D3™ Pocket* are Special Formulas in the Dr. Cellular Nutrient Programme. Our Special Formulas have been designed to supply an extra amount of selected micronutrients. They make it possible to specifically increase the intake of individual nutrient factors.

Dr. Rath Vitamin D3™ Liquid and *Dr. Rath Vitamin D3™ Pocket* can be combined with both our Basic Formulas and our Basic and Reconstructive Formulas.

Recommended allowance

Dr. Rath Vitamin D3 Liquid:

Adults: 3 to 4 sprays a day. Take at mealtimes directly into the mouth.

Presentation: 30 ml per bottle*

Order No.: 029

Recommended allowance

Dr. Rath Vitamin D3 Pocket:

Adults: 1 tablet a day at mealtimes.

Presentation: 150 mini tablets*

in a click dispenser

Order No.: 039

* Suitable for vegetarians

