



MÉDERI
NUTRICIÓN INTEGRATIVA
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VITAMINAS A+D3 MÉDERI

Description: Food supplements based on vitamins A and D.

Directions for use / recommended dose: Take one (1) softgel per day, preferably with meals, or as recommended by a professional.

Presentation: Bottle of 240 softgels of 279 mg.

Composition: Black cumin oil, retinyl palmitate (vitamin A) and cholecalciferol (vitamin D3). Coating: Bovine gelatin, humectant (vegetable glycerin) and water.

Storage conditions: Store the container in a dry, cool place away from light.

Ingredients	1 softgel	% NRV*
Vitamin A	1,500 µg RE (5,000 UI)	187.5 %
Vitamin D	10 µg (400 UI)	200 %

*NRV: Nutrient Reference Value for vitamins and minerals.

Warnings: Do not exceed the expressly recommended daily dose. Food supplements should not be used as a substitute for a balanced diet. Keep out of reach of young children.

Properties and potential applications:

Vitamin A contributes to normal iron metabolism, the maintenance of normal vision, skin and mucous membranes, the normal functioning of the immune system and the process of cell differentiation.

Vitamin D contributes to the normal absorption and utilisation of calcium and phosphorus, the maintenance of normal blood calcium levels, the maintenance of normal bones and teeth, the normal functioning of muscles and the immune system, and the process of cell division.

It is important to follow a varied and balanced diet and a healthy lifestyle.

