



## PRODUCT DATA SHEET

### VITAMIN D3 ESSENTIAL

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| DESCRIPTION                      | Vitamin D3 is an essential, fat-soluble nutrient that plays a vital role in calcium and phosphorus metabolism, supporting the development and maintenance of strong bones and teeth. It is the form of vitamin D naturally produced by the skin when exposed to sunlight. Vitamin D3 also contributes to immune system health, muscle function and overall wellbeing.  |
| BENEFITS                         | <ul style="list-style-type: none"> <li>• Promotes good bone and teeth health</li> <li>• Supports the immune system</li> <li>• Aids healthy muscle and nerve function</li> <li>• Maintains mood and mental health</li> <li>• Promotes heart health and overall wellbeing</li> <li>• Controls autoimmune regulation</li> <li>• Contributes towards normal calcium absorption</li> <li>• Reduces the risk of multiple sclerosis</li> <li>• Plays a role in cell division</li> </ul> |
| ACTIVE INGREDIENTS (Per Capsule) | Vitamin D3 1000iu (0.025mg)  |
| APPEARANCE                       | HPMC White   Off White Veggie Capsules. Odorless. Slightly sweet<br>Suitable for Vegetarians   |
| DIRECTION FOR USE                | 1 Capsule daily with water. Best taken with breakfast  |
| PACKAGING                        | 30 times 1000iu Capsules. White Container & Screw Cap. Wrap around label   |
| SAFETY & ALLERGENS               | This product was packaged in an area where there might be traces of milk and nuts<br>Not intended for children under the age of 18 years. Not suitable for vegans.   |
| WARNINGS                         | Discontinue use where there is sensitivity towards any of the ingredients. If you are pregnant or breastfeeding, please consult your doctor, pharmacist or other healthcare professional for advice before consuming this product.   |
| CATEGORY D MEDICINE              | Combination of Western Herbal. This product is not intended to diagnose, treat and cure any diseases. This unregistered medicine has not been evaluated by the SAHPRA for its quality, safety or intended use.   |
| IDENTIFICATION                   | CAS 67-97-0. Synonym Cholecalciferol   |
| STORAGE                          | Store away from direct sunlight in a cool, dry place below 25C.<br>Keep out of reach of children   |
| DISTRIBUTION                     | <p>Manufactured for distribution by :</p> <p>NATURCARE PRODUCTS (PTY) LTD<br/>14 Queen Street<br/>Knysna<br/>South Africa<br/>www.naturcare.co.za<br/>orders@naturcare.co.za<br/>084 862 6513</p> <p>Registration # 2012   077443   07<br/>Customs Export Code 212   737   65</p>  |