

IMUNO

D3 DIREKT

4000 IU

A combination of ingredients for strong immunity and effective protection from viruses and bacteria.

ONE SACHET CONTAINS:

- 4000 IU VITAMIN D3
- 15 MG ZINC
- 55 µG SELENIUM
- 300 MG VITAMIN C

The strongest combination of active ingredients Strengthens the immune system Reduces tiredness and fatigue

PLEASANT ORANGE FLAVOUR

Vitamins D and C and minerals zinc and selenium contribute to the normal function of the immune system. Vitamin D and zinc contribute to the maintenance of normal bones and skin and to normal muscle function. Vitamin D contributes to the maintenance of normal teeth. Selenium and zinc contribute to the maintenance of healthy and normal skin and nails. Vitamin C contributes to normal collagen formation for the normal function of bones, cartilage, gums, skin, and teeth.

INSTRUCTIONS FOR USE:

Adults and children over the age of 12: Take one sachet a day. Dissolve the contents of the sachet directly in the mouth without taking any liquid.



Yasenka d.o.o.
Dvanaest redarstvenika 2/C
32 000 Vukovar, Croatia
T +385 32 445500
www.yasenka.hr



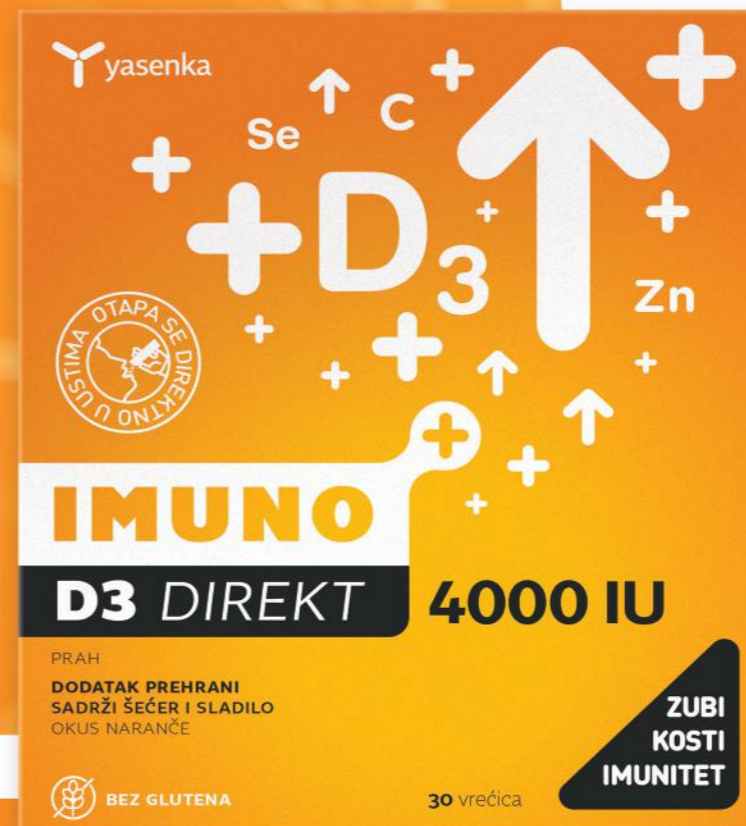
ONLY FOR HEALTHCARE PROFESSIONALS

IMUNO

D3 DIREKT

4000 IU

The strongest dose for the best protection of immunity



POWDER
FOOD SUPPLEMENT
CONTAINS SUGAR AND SWEETENER
ORANGE FLAVOUR



**TEETH
BONES
IMMUNITY**

What is vitamin D3?

Vitamin D is one of the fat-soluble vitamins. Structurally speaking, it is a prohormone and the only vitamin that can be synthesized in the body.

Synthesis in the body

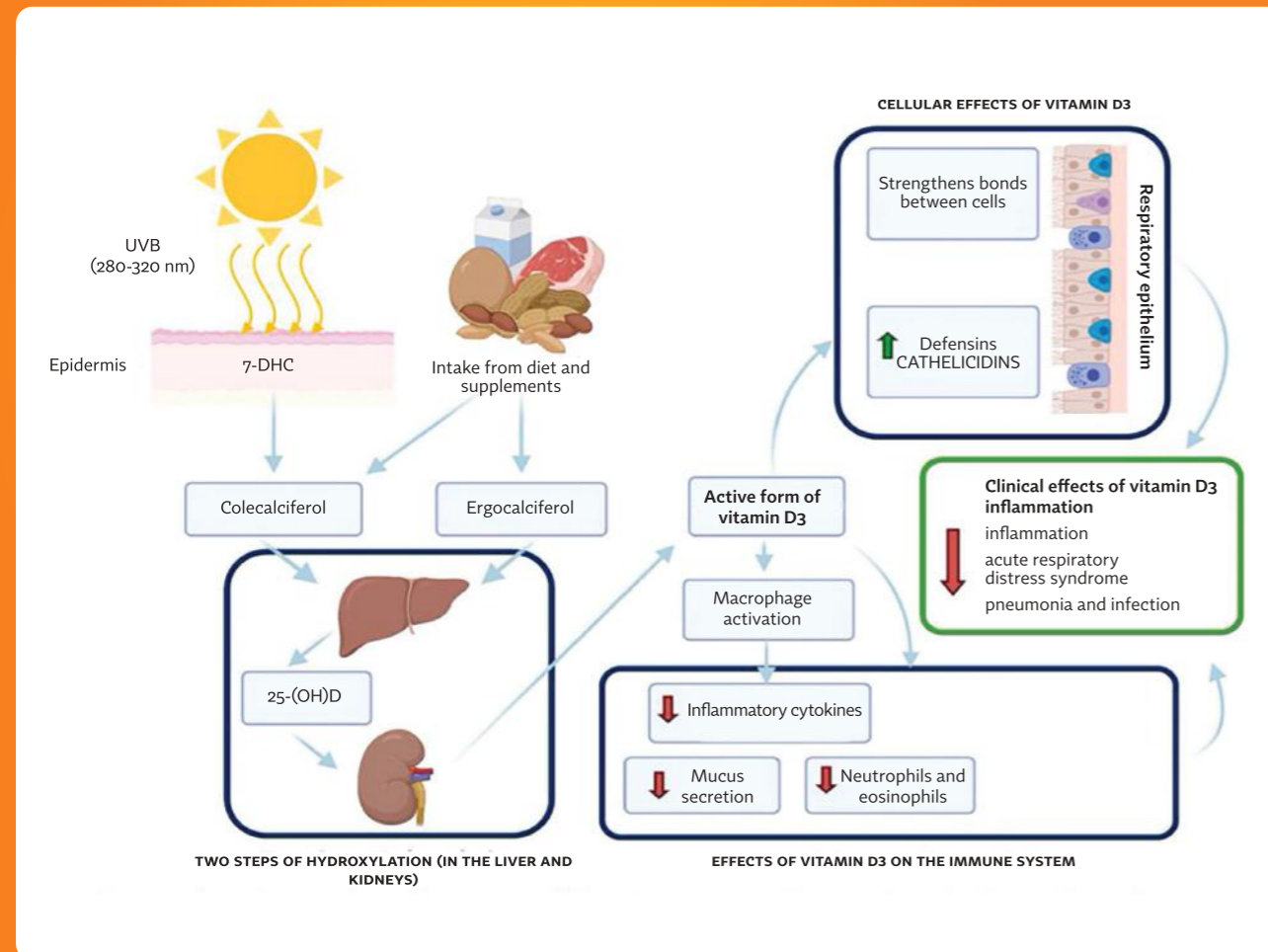


Figure 1: Immunomodulatory effect of vitamin D3

Causes of vitamin D deficiency

- Reduced sun exposure
- Use of sunscreens
- Insufficient intake of vitamin D from food sources
- Pregnancy and breastfeeding
- Obesity
- Autoimmune diseases
- Ageing



“PANDEMIC” OF HYPOVITAMINOSIS D

Studies show that 40-50% of the population in our area suffers from vitamin D deficiency, and the lowest values are reported during the winter months.

Vitamin D and immunity

- Modulates innate and adaptive immunity
- Activates macrophages
- Reduces the formation of proinflammatory cytokines and promotes the formation of anti-inflammatory cytokines
 - controlled immune response, prevents the so-called cytokine storm and reduces the lung tissue damage

Effect of vitamin D on the cells of the respiratory system

- Preserves the integrity of the respiratory epithelium
- Tightens tight junctions between cells
- Stimulates the formation of antiviral proteins (cathelicidins and defensins)

REDUCES THE PENETRATION OF VIRUSES AND BACTERIA INTO THE LUNG CELLS

CLINICAL EFFECT OF VITAMIN D IN RESPIRATORY INFECTIONS:

- Reduces inflammation
- Reduces the risk of acute respiratory distress syndrome
- Reduces the risk of pneumonia and infection

RECOMMENDED DOSES

The European Food Safety Authority (EFSA) issued a document on the maximum acceptable dosage of vitamin D3 stating that the tolerable upper intake level for vitamin D3 is:

- for infants 0-12 months of age 25 µg (1000 IU)
- for children 1-10 years of age 50 µg (2000 IU), and
- from 11 years of age and above, including pregnant and breastfeeding women 100 µg (4000 IU).



TRUTHS AND MYTHS ABOUT VITAMIN D

Since vitamin D is fat-soluble, obese people should take it less. - MYTH

Vitamins stored in adipose tissue are not available to the body for utilization. People with more fat tissue should increase their vitamin D intake because only free vitamin D may be activated and used in the body.

Vitamin D can be stored in the body and vitamin D intoxication occurs easily. - MYTH

Although the body has the possibility of vitamin D storage, in order for toxic effects to appear, it would be necessary to take a daily dose of 50 000 IU for several months.

Vitamin D intake is recommended to all age groups. - TRUTH

Although in clinical practice vitamin D was intended for infants and elderly people, new studies have shown that all age groups need to take vitamin D in the months (from October to April) when sun exposure is insufficient in order to prevent chronic vitamin D deficiency present in over 40% of the population.

Symptoms of vitamin D3 deficiency

- Susceptibility to viruses
- Chronic fatigue
- Back and bone pain
- Depressive mood
- Muscle pain
- Hair loss