Our range of vitamins in spray

Oral Spray
Vitamin D3

- Supports bone health and helps to maintain bone density

The best way to take your food supplement

✅ Specific
✅ Safe
✅ Hygienic
**Instructions / dosage**

- **VITAMIN D3**
  - Oral spray.
  - A single daily spray results in 5 μg of vitamin D3 Cholecalciferol (200 UI)¹.

- **VITAMIN D³ FORTE**
  - Oral spray.
  - A single daily spray results in 10 μg of vitamin D3 Cholecalciferol (400 UI)¹.

**Consumption of vitamin D varies depending on your geographic location. Check with your health care professional.**

**Why do I need to take vitamin D?**

Your body must have vitamin D to absorb calcium and promote bone growth. Vitamin D is much more than a nutrient needed for bone health; it is an essential hormone required for the regulation of a large number of physiological functions. Its receptors have been found to be present in nearly every tissue and cell in the body ².

**Additional benefits**³

In addition to its primary benefits, research suggests that vitamin D may also play a role in:

- Reducing your risk of multiple sclerosis.
- Reducing your chance of developing heart disease.
- Helping to reduce the likelihood of developing the flu.

**Indications**

Vitalink D3 oral spray for adults is a food supplement that helps to promote bone health. It is a suitable and easy to use complement that gives you the daily recommended intake of vitamin D.

**Bibliography:**

1) *Scientific Opinion on the Tolerable Upper Intake Level of vitamin D*. EFSA Journal 2012;10(7):2813

http://www.healthline.com/health/food-nutrition/benefits-vitamin-d# Overview1