

# D3 SPORT EFFECT

## BONE STRENGTH



# VITAMIN D3 1000IU



## ► VITAMIN D3 FACTS

BONE | IMMUNITY | VITAMIN

The Sunshine Vitamin.

No athlete gets perfect conditions all the time.

Vitamin D – commonly referred to as the sunshine vitamin – is normally obtained from the diet or produced by the skin from the ultraviolet energy of the sun.

Vitamin D supplementation is necessary to ensure that your body receives an adequate supply of this essential vitamin particularly when exposure to adequate sunlight is not possible.

Vitamin D also helps our body absorb calcium for stronger bones and supports immune cells for optimal function.

## ► HOW TO TAKE

Make vitamin D part of your daily routine. Getting consistent sunshine isn't always easy for people living in an area with seasonal weather changes or for people who spend a lot of time indoors. Take 1 vitamin D capsule daily with a meal to keep deficiencies low and bone strength high.

**BANNED  
SUBSTANCE  
TESTED**

BONE STRENGTH

D3 SPORT EFFECT BONE STRENGTH is a high-potency formulation that helps to support the health and mineralisation of bones while also supporting muscle function.



High strength vitamin D3 1000 IU



Supports bone health



Support bone mineralisation



Vitamin D helps calcium absorption



Can also assist maintaining healthy muscle function

## DELIVERY SYSTEM

150 soft gel capsules

## DOSAGE

One (1) capsule per day or as directed by your healthcare professional.

## DIETARY INFORMATION

Free from gluten, dairy, nuts, egg & sugar.  
Contains soy derived substances.

### Each soft gel capsule contains

Colecalciferol	<b>25 mcg</b>
equiv. vitamin D3	<b>1000 IU</b>

*If symptoms persist, consult a healthcare professional. Vitamin supplements should not replace a balanced diet. Do not use if seal is broken. Store below 30°C.*



**PILLAR**  
PERFORMANCE