

# Vitamin D 2000 Vegan Formula

## The vegan lichen-derived solution for vitamin D supplementation

Dietary Supplement



### The sunshine vitamin

Vitamin D is also called “the sunshine vitamin” because it is mainly produced by the body in response to skin being exposed to sunlight. Only few foods are naturally rich in vitamin D. If you live north of the line connecting San Francisco to Philadelphia, odds are that your body doesn’t manufacture enough vitamin D. The same holds true if you don’t exposure your skin for at least a 15-minute to sunlight. African-Americans and others with darker skin tone, as well as older individuals, tend to have much lower levels of vitamin D, as do people who are overweight or obese.

### Vitamin D and health

There is no doubt that vitamin D is an important nutrient for overall well-being. This is also reflected in the fact that nearly every tissue and cell type in the body has receptors for vitamin D. Vitamin D ensures, for example, that the intestines can absorb calcium and phosphorus from food. It supports the functionality of bones, teeth and muscles and promotes cardiovascular and immune health. Accordingly, a sufficient and stable vitamin D balance has a major influence on human well-being.\*\*

### Vitamin D 2000 Vegan Formula – what is it?

The vitamin D<sub>3</sub> contained in Biogena Vitamin D 2000 Vegan Formula is obtained from lichen and thus offers a purely vegetable alternative, especially for people living purely vegetarian or vegan, who want to ensure an optimal supply of the sun vitamin.

### Vitamin D 2000 Vegan Formula

- With vitamin D<sub>3</sub> from purely vegetable origin
- Bone and teeth health: Vitamin D promotes absorption of calcium and phosphorus and reduces urinary calcium loss. It helps maintain proper calcium levels, as well as healthy bone and teeth mineralization\*\*
- Muscle health: Vitamin D has a role in skeletal muscle health. Several studies show that Vitamin D may help increase muscle strength\*\*
- Immune health: Vitamin D can modulate the immune responses\*\*
- Adequate calcium and vitamin D throughout life, as part of a well-balanced diet, may reduce the risk of osteoporosis.

\*\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

### Dietary Considerations:

- Vegan
- Vegetarian
- Gluten-free
- Lactose-free
- Fructose-free
- Egg-free
- Dairy/milk-free
- Casein-free
- Soy-free
- Peanut-free
- Tree nut-free
- Wheat-free
- Shellfish-free
- Fish-free
- Salt-free
- Free of artificial colors or flavors
- Preservative-free
- Not genetically engineered

### Suggested Use:

1 capsule per day taken with a meal and plenty of liquid.

Warning: If you are pregnant or nursing, or taking prescription medications, consult your healthcare provider before taking this product ([www.biogena-usa.com/warnings](http://www.biogena-usa.com/warnings)).

### Supplement Facts

Serving Size 1 Capsule

	Amount per Serving	% Daily Value
Vitamin D <sub>3</sub> (as cholecalciferol from lichens)	50 mcg (= 2000 I.U.)	250%

\* Daily Value not established.

**Other ingredients:** hydroxypropylmethylcellulose (vegetable capsule shell, Vcaps® Plus), microcrystalline cellulose.

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Store in a cool, dry place. Keep out of reach of children.

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