



PROVITE

Essential Daily
Supplement

From stronger bones to improved
memory, cognition as well as mood.

Strong
Bones,
Teeth
and
Joints

150
Tablets



What is Vitamin D3?

Vitamin D3 (also known as cholecalciferol) is the most common form of vitamin D.

You can obtain it from some foods, normally ones that have been fortified. The most common route is through exposure to sunshine.

Vitamin D2 is produced by plants, but Vitamin D3 is most commonly found in humans and animals.

It's the biologically active version of the vitamin, produced in our skin when exposed to sunlight.

Although you need both types, Vitamin D3 is considered as a higher quality source of vitamin D and more important to our wellbeing.

The vitamin is essential for a number of our bodily functions, but so many of us don't get enough of it.

Studies have found that more than ONE BILLION people globally suffer from a vitamin D deficiency.

Vitamin D is one of the most important nutrients for our bodies. If you are like many of us living in the hustle and bustle of social media, Skype meetings, shopping malls and offices, we don't tend to spend sufficient time in the sun nor do we maintain a balanced diet, hence supplementation is required.

9 Benefits of Vitamin D3

1. Strengthens your bones, teeth and joints.
2. A natural mood booster.
3. Assists in keeping your heart strong and healthy.
4. May play a role in minimising the risk of certain types of cancer.
5. May help memory and cognition.
6. Plays a role in boosting your immune system.
7. Helps to regulate your blood pressure.
8. Assists in certain bowel conditions such as Irritable Bowel Syndrome, by decreasing inflammation in the gut.
9. May improve balance, muscle strength and overall gym fitness.

It is surprising to learn that a single vitamin has a multitude of benefits. However, our bodily systems are all integrated, therefore Provite D3 has the ability to significantly impact and improve overall health.