



RAISE YOUR ENERGY!



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## Vitamin D

Vitamin D is one of the most important vitamins for the body and it is associated with immunity, muscle and bone development.

Vitamin D also known as "Sunlight Vitamin" can be synthesized by the human body through the action of sunlight and supports the normal function of the immune system.

The skin of each of us produces vitamin D at different rates depending on what time of the day it is and how long we stay in the sun. Nevertheless, it is estimated that the majority of the world population has vitamin D deficiency.

***Because it is not always possible to take enough dose of sunlight every-day.***



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Due to insufficient sunlight because of various obstacles, the body's vitamin D production is limited. Lifestyle that is limited with indoor areas, overuse of sunscreen, intense air pollution, geographical latitude, sunless seasons and short days are some of those limiting factors.

Vitamin D synthesis decreases with age and darkening of skin pigmentation. When all these factors come together, it might get harder to take enough vitamin D for a healthy immune system.

## Vitamin C

Vitamin C is one of the most well-known micronutrients. Vitamin C contributes to the normal function of the immune system. We can take vitamin C from fresh fruits and vegetables through a healthy diet.

***Our body can not produce vitamin C by itself and can not store large amounts. It may be necessary to take extra vitamin C from outside during specific periods of time.***



## Vitamin K2

***Vitamin K is one of 13 known vitamins. Some vegetables naturally contain vitamin K. In addition, vitamin K is produced by beneficial bacteria (microbiota) that live in our intestines.***

Main duty of vitamin K, is to take part in the coagulation system. Vitamin K deficiency causes coagulation (bleeding) problems .

It also takes part in osteogenesis and cardiovascular health. It was named the coagulation vitamin because of its role in blood coagulation in the 1920s when it was discovered by the Danish scientist Henrik Dam.

## MAGNESIUM

***Magnesium is the fourth most abundant mineral in the human body.***

Magnesium has numerous benefits and generally plays many important roles in body and brain health.

Magnesium is a greatly important mineral. It deals with hundreds of chemical reactions in your body and helps you protect your health.



### When Using the Product:

- Apply directly to the body.
- Avoid contact with eyes and the other sensitive areas of the body.
- Do not apply to burned and injured body parts.
- Use carefully in case of pregnancy.
- For external use only.

### Instructions of Use:

- Should be applied on pre-cleaned, dry and hairless skin.
- Open pouch and take the strip.
- Remove paper backing.
- Apply to affected area and remove the strip after 24 hours.

### INGREDIENTS:

- 5000iu Vitamin D3
- 120 Mcg Vitamin K2 (MK-7)
- 250 Mg Magnesium
- 250 Mg Vitamin C



***Keep out of the reach of children.***

***Keep away from direct sunlight.***

***Keep in a cool and dry place.***

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