



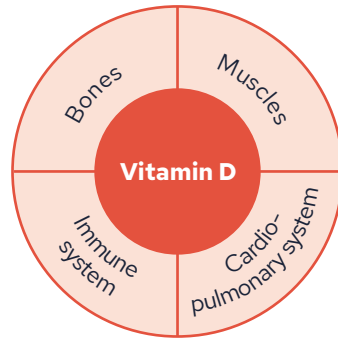
Vitamin D3

VITAMIN D3



IMPORTANCE FOR THE BODY

Vitamin D controls over 2,000 genes and plays a key role in many processes in our body. It is the driving force of the human immune system. Essentially, it is a hormone that is produced under the effect of sunlight. Food does not provide enough vitamin D for our daily needs.



DEFICIENCY

Many factors influence chronic vitamin D deficiency:

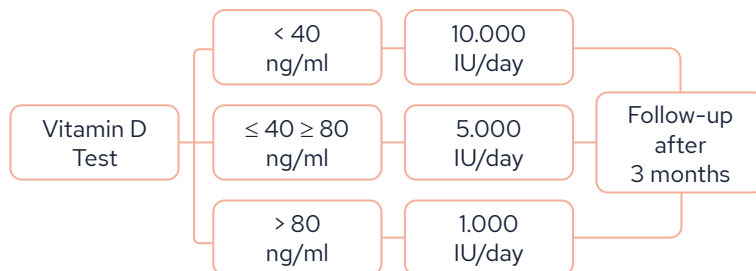
- Between October and April, the sun is too weak.
- Clothing and certain sunscreens inhibit the production of vitamin D.
- Insufficient exposure to sunlight.

Because of the above, vitamin D supplement are necessary for our long-term health and well-being.



SUPPLEMENTS

- The most effective and safe approach are supplement according to specific guidelines/protocols, always in combination with vitamin K2 (MK-7).
- The optimal value of vitamin D is between 40–80 ng/ml.



The latest recommended values for a healthy adult.



KEY FOR ORAL PROCEDURES

- Vitamin D is the main factor for optimal gum and bone healing.
- Before a procedure, the value should be over 70 ng/ml.



OTHER MICRONUTRIENTS

VITAMIN C

- Strengthens the immune system.
- Accelerates bone growth.
- Weakens diseased/degenerate cells.

Indicators of deficiency:

Periodontal diseases (gum and bone diseases), healing disorders, prone to infections.

Recommended intake:

1–3 g/day

MAGNESIUM

- A key factor in supplying cells with energy.
- Key to vitamin D activation.
- Ensures quality sleep.

Indicators of deficiency:

Loose teeth, bone loss, tendency to bleed, cell ageing.

Recommended intake:

300–400 mg/day
(e.g. magnesium citrate)

OMEGA 3

- Provides polyunsaturated fatty acids that the body cannot produce itself.
- Controls “good” inflammatory processes in a balanced ratio with omega-6.

Indicators of deficiency:

Prone to inflammation, vascular and autoimmune diseases, cancer, dementia, skin diseases, bone and joint diseases.

Recommended intake:

1 g/day



APPOINTMENTS

✉ info@centerhocevar.com

☎ 040 557 257

☎ 08 200 53 58

🌐 www.centerhocevar.com



The mark of
responsible
forestry

CENTER HOČEVAR 