




# Calcium+D3

Important for strong bones,  
muscles and nerves

Daily dosage:  
600 mg CALCIUM  
40 mg VITAMIN C  
80 µg VITAMIN K  
5 µg VITAMIN D<sub>3</sub>

An optimal supply with vitamins and minerals is important for the well-being and efficiency of our body.

**Calcium** is an essential mineral which is used by the body for activating and maintaining many reactions. **Calcium** is the main substance of bones and teeth and plays also an important role in the following functions:

- bone formation and maintaining
- signal transfer at nerve ends and cells
- muscle function
- blood clotting

**Calcium** supports the body in keeping balance in persons who are sensitive to sunlight.

In the interaction between muscles and bones Calcium fulfils two important tasks: Much Calcium is located in the muscular system - where it is used for muscle work. If a muscle must work, e. g. at sports, the corresponding bone should also be supported.

**Calcium** is the main substance of skeleton and ensures for its stability. It is eliminated continuously and should therefore be taken in regularly with nutrition.

**Vitamin D<sub>3</sub>** regulates the Calcium uptake and supports the installation of Calcium into the bones. It can be synthesised by the skin with the help of sunlight.

**Vitamin C** plays an important role in formation of bone substance. Additionally the body needs the vitamin for cell protection and body's defences.

**Vitamin K** is important for bone metabolism especially for synthesis of osteocalcin.

#### It's the combination!

The essential minerals **Calcium + D<sub>3</sub> + Vitamin C** in one tablet.

**Important:** Both **Vitamins C and D<sub>3</sub>** support **Calcium** by stabilising the bones.

#### Recommendation:

Take 1 tablet daily at meal with enough liquid. Do not chew. The tablet can be divided into halves.

Do not exceed the stated recommended daily dosage! Food supplements should not be used as a substitute for a varied diet. The product should be stored out of the reach of young children.

#### Energetic value:

1 tablet corresponds to 0.6 kcal / 2.6 kJ.

#### Ingredients:

Calcium carbonate, Filling agent: Rice starch, Coating agent: Gum arabic, Ascorbic acid (Vitamin C), Anti-caking agent: Magnesium stearate, Coating agent: Hydroxypropylmethylcellulose, Shellac, Humectant: Talc, Colour: Titanium dioxide, Coating agent: Glycerin, Phytomenadione (Vitamin K), Cholecalciferol (Vitamin D<sub>3</sub>).

One tablet is able to support the organism in combination with normal nutrients with the daily required amounts of adults. The combination **Doppelherz<sup>®</sup> aktiv Calcium + D<sub>3</sub> + C** can support the body in keeping healthy and capable.

NAFDAG Reg. No.:




**Queisser**  
PHARMA  
**GmbH & Co. KG**  
Schleswiger Str. 74  
24941 Flensburg  
Germany  
email: [info@queisser.de](mailto:info@queisser.de)  
[www.doppelherz.com](http://www.doppelherz.com)