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*Platinum
Excellence*

FORTE D 10000

Vitamin D3 10000i.u.

High strength vitamin D3.

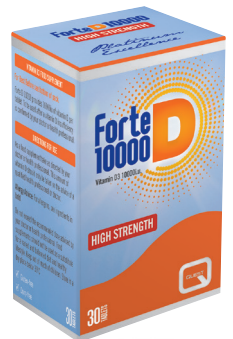
Nutritional Information

One tablet provides:

		*%NRV
Vitamin D3	250 µg (10000 iu)	5000

*NRV = Nutrient Reference Values

Take as directed by a doctor or health professional.



SUMMARY

- Potent level of vitamin D for insufficiency and deficiency
- 10,000 iu per tablet.
- Vitamin D3 form for superior bioavailability

DESCRIPTION

Forte D 10000 is a high potency tablet providing 10,000 iu of vitamin D. This product is to be used after a vitamin D test has confirmed a deficiency, and under the guidance of a doctor or qualified health professional. Regular blood testing for vitamin D levels is recommended while taking Forte D 10000 to ensure that the patient's levels reach and stay at a desirable level.

WHEN SHOULD FORTE D BE TAKEN?

Forte D 10000 should be taken when the status of a severe deficiency or deficiency is confirmed. Vitamin D is measured in nmol per L of blood.

Total vitamin D reference interval (nmol/L)	Vitamin D status
Less than 15	Severe deficiency
15.1-30	Deficiency
30.1-50	Insufficient
50.1-150	Adequate
Greater than 150	Toxicity

WHO SHOULD BE TESTED FOR VITAMIN D LEVELS?

There are many symptoms of vitamin D insufficiency which include; burning sensation in the mouth and throat, cramps, hyperparathyroidism, insomnia, myopia, nervousness, osteomalacia, osteoporosis, rickets and skeletal abnormalities.

HOW SHOULD FORTE D 10000 BE TAKEN?

Forte D 10000 should be taken depending on the blood results of the individual. For deficiency states, 2 tablets a week may be appropriate. In insufficient states, 1 tablet a week may be more suitable. Dosage recommendations should always be made by the supervising clinician. Retesting vitamin D 6 to 8 weeks after supplementation is recommended so the dose can be adjusted accordingly.

ARE THERE ANY PRECAUTIONS BEFORE OR WHILE TAKING FORTE D 10000?

If taken in too high doses, vitamin D can be toxic. Always take a blood vitamin D test before supplementation.

Consult with a doctor before taking Forte D 10000 during pregnancy, kidney problems, heart problems, electrolyte imbalances and sarcoidosis or with any medication.

HEALTH NEEDS



SPECIALIST
HEALTH

QUEST
NUTRAPHARMA

Quest Vitamins Limited
Gooses Foot Estate, Kingstone,
Hereford, HR2 9HY, United Kingdom
T +44 198 125 1713 F +44 198 125 1715
E info.uk@qnutrapharma.com

Quest Vitamins Middle East FZE
Jebel Ali Free Zone, PO Box 17836
Dubai, United Arab Emirates
T +971 (0)4 886 2850 F +971 (0)4 886 2851
E info.me@qnutrapharma.com

QNutraPharma.com