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*Platinum
Excellence*

FORTE D 4000i.u.

Supports immunity, bones, muscle and teeth.

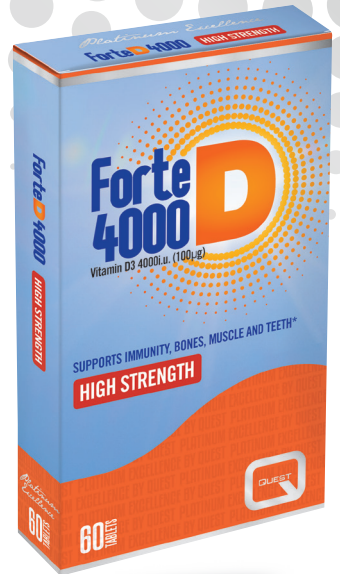
Nutritional Information

One tablet provides:

		*%NRV
Vitamin D3 (4000 i.u.)	100 µg	2000

*NRV = Nutrient Reference Values

One tablet daily with or after a meal.



SUMMARY

- Everyday vitamin D supplement to maintain vitamin D intake and prevent deficiency.
- Supports immunity, bones, muscles, heart health.
- Recommended for general wellbeing and health.

WHAT IS FORTE D 4000i.u?

High potency vitamin D supplement to support bone and immune health. Vitamin D contributes to the normal function of the immune system and muscles. It is needed for the utilisation of calcium in the body and helps to maintain bones and teeth. Vitamin D is naturally created by the body through exposure to sunlight and is recommended as a supplement for individuals with limited exposure to sunlight.

WHICH POPULATION GROUPS ARE AT RISK OF VITAMIN D DEFICIENCY?

Typically 20% of vitamin D3 is obtained from the diet while 80% is derived from sunlight UVB exposure.

A number of factors can negatively affect the vitamin D status of individuals, requiring vitamin D supplementation. In particular, the following population groups have a higher risk of vitamin D deficiency:

- **Individuals with limited sunlight exposure.**¹ This can be caused by geographical location, winter months, pollution, clothing and indoor lifestyles.
- **Individuals with darker skin tones.**
- **The elderly.** Lower vitamin D levels have been observed in the elderly population.²
- **Overweight individuals.** A high BMI and abdominal obesity contribute to vitamin D deficiency, including in children.³
- **Pregnant and lactating women.**^{4 5}
- **Children and adolescents.**^{6 7}
- **Patients with serious illnesses,** infection or those who are hospitalised for long periods.
- **Vegans.**⁸
- **Smokers.**⁹

In recent years there has been increasing research showing that the traditional recommendations for vitamin D supplementation are inadequate for maintaining the vitamin D serum levels in high-risk populations, especially pregnant women and individuals with low sun exposure and darker skin tones.¹⁰

WHAT ARE THE EFFECTS OF VITAMIN D DEFICIENCY?

Vitamin D deficiency is implicated in a wide variety of health problems including osteoporosis, increased risk of fractures, diabetes, cardiovascular disease, high blood pressure, weakened immunity and susceptibility to infections, depression, asthma, muscle weakness and skin conditions.

Bone Health: Due to the role of vitamin D in the body, a deficiency is associated with a wide variety of health conditions. Due to the role that vitamin D plays in calcium absorption, vitamin D is essential for the prevention of osteoporosis and rickets.

Autoimmunity and decreased immune function: Vitamin D is found in large quantities in the gut associated lymphoid tissue (GALT) which is located just below the gut. The GALT stores T and B lymphocytes and their regulatory cells. Vitamin D plays a direct role in the regulation of these, and deficiency can lead to a lack of self-tolerance as seen in autoimmune diseases, allergies and reduced immune function. Vitamin D decreases the production of inflammatory cytokines so is essential for any chronic inflammatory conditions¹⁵.

Mood disorders and depression: Vitamin D also plays an important role in nervous health and mood regulation. One study reported a significant difference in seasonal affective disorder after the supplementation of vitamin D¹⁴.

Pain management: Vitamin D also plays a role in pain management, particularly in non-specific musculoskeletal pain, headache, and fatigue¹⁶.

WHO IS FORTE D 4000i.u RECOMMENDED FOR?

Forté D 4000i.u is recommended for individuals at high risk of vitamin D deficiency, especially pregnant and lactating women, individuals with darker skin pigmentation, and individuals with very limited skin exposure to sunlight.

HOW MUCH VITAMIN D IS SAFE TO TAKE?

4,000i.u (100mcg) daily intake of Vitamin D has been established as a safe intake.¹¹ In fact several studies, including a double blind randomised clinical trial on pregnant women, have established that 4,000i.u. daily supplementation is a safe and effective way to maintain vitamin D serum levels.⁵

A clinical review has suggested an upper tolerable limit for a daily intake of vitamin D at 10,000i.u. (250mcg).¹² Most recently in 2012 the European Food Safety Authority revised their Tolerable Upper Level Intake (UL) of vitamin D for pregnant women, lactating women and adolescents between 11 and 17 years old to 4,000i.u. (100mcg).¹³

ARE THERE ANY PRECAUTIONS THAT SHOULD BE TAKEN BEFORE USING FORTE D 4000i.u.?

Forté D 4000i.u should only be used on the advice of a health practitioner in the case of individuals:

- With liver disease
- With high blood pressure
- With renal disease
- With hypercalcaemia
- Taking other vitamin D supplements
- With a known allergy to vitamin D

FEATURES

- Optimum high strength formula
- Provides 4000i.u. (100µg) vitamin D per tablet

HEALTH NEEDS



BONES



**EVERYDAY HEALTH
& WELLBEING**



IMMUNITY



**PREGNANCY
AND FERTILITY**



SENIOR'S HEALTH

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