

BioDy

D3 Drops

400IU.

Ingredients:

MCT oil, vitamin D3 (cholecalciferol) 1,0 M IU/g in MCT oil.

Why do babies and children need vitamin D?

Vitamin D helps build strong bones and teeth. Children can develop a disease called rickets (soft bones) if they don't get enough vitamin D.

The role of vitamin D to prevent other diseases is also being studied.

Children can get vitamin D from the sun, food, and supplements.

Our bodies can make vitamin D when our bare skin is exposed to sunlight. However, sun safe practices like wearing sunscreen and staying out of direct sunlight stop vitamin D from being made.

Direction:

Infants 0 - 6 months: 400 IU (ie 1 drop of product) per day from the first days of life regardless of the feeding method, i.e. 1 drop of product,

Infants 6-12 months: 400 - 600 IU (ie 1 drop of product) per day depending on the daily amount of vitamin D taken with food

Children (1-10 years): 600 - 1000 IU (ie 2 drops of the product) per day depending on the body weight and supply of vitamin D in the diet.

In children with obesity, supplementation is required at a dose of 1 200 - 2 000 daily (3 - 5 drops of the product).

Adolescents 11-18 years: 800 - 2 000 IU (2 - 5 drops of product) per day depending on body weight and vitamin D intake in the diet. Adults

with obesity require supplementation at a dose of 1 600 - 4 000 IU per day (ie 4 - 10 drops of the product).

Adults (19-65 years): 800 - 2 000 IU (2 - 5 drops of product) per day depending on body weight and vitamin D intake in the diet. Adults with

obesity require supplementation at a dose of 1 600 - 4 000 IU per day (ie 4 - 10 drops of the product).

Seniors (65-75 years old): 800 - 2 000 IU (2 - 5 drops of the product) per day depending on the body weight and the supply of vitamin D in

the diet. In seniors with obesity, supplementation is required at a dose of 1 600 - 4 000 IU per day (ie 4 - 10 drops of the product).

Seniors (over 75 years): 2 000 - 4 000 IU per day (ie 5-10 drops of the product) depending on body weight and vitamin D intake in the diet.

WARNING/CAUTION:

Tell your doctor or get medical help right away if you have any of the following signs or symptoms that may be related to a very bad side effect:

Signs of an allergic reaction, like rash; hives; itching; red, swollen, blistered, or peeling skin with or without fever; wheezing; tightness in the chest or throat;

trouble breathing, swallowing, or talking; unusual hoarseness; or swelling of the mouth, face, lips, tongue, or throat.

High calcium level. Signs include weakness, confusion, feeling tired, headache, upset stomach and throwing up, hard stools (constipation), or

bone pain. Method of administration

Vitamin-D3 drops are taken directly orally. The best way is to drip them straight into the mouth or, if necessary, administer with a spoon and some liquid.

Please talk to your doctor or pharmacist if you have the impression that the effect Vitamin-D3 is too strong or too weak.

Instruction for handling:

For withdrawal, hold the bottle vertically and gently tap the bottom of the bottle with your finger until the first drop appears.



If you take more Vitamin-D3 than you should. In case of overdose with Vitamin-D3 drops you should contact a doctor.

Symptoms of overdose may include: headache, loss of appetite, weakness, weight loss, disorders of the

gastrointestinal tract (feeling sick, vomiting, constipation), growth disorders,

increased urine volume, increased fluid intake, signs of paralysis, feebleness, increased blood pressure and in severe

cases irregular heart beat. The doctor decides on the severity of poisoning and determines the required treatment.

Storage:

Store at room temperature. Do not freeze.

Protect from light.

Store in a dry place. Do not store in a bathroom.

Keep all drugs in a safe place. Keep all drugs out of the reach of children and pets.

Throw away unused or expired drugs. Do not flush down a toilet or pour down a drain unless you are told to do so. Check with your pharmacist if you have questions about the best way to throw out drugs.

Below 25 °C.

Marketing Authorization Holder:

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