



Alato D3-K2

Type: **Bone metabolism**

Indications

Osteoporosis, autoimmune diseases

Recommended dose:

Apporto massimo giornaliero stabilito dal Ministero della Salute: = 2000 U.I.

Dose giornaliera raccomandata:

The maximum vitamin D intake established by the ministry is 2000 IU day. However, the scientific literature suggests a dosage of 10,000 IU day to have beneficial effects. The dosage of vitamin k2 according to the literature can be from 100 to 400 mcg day.

Physiological value:

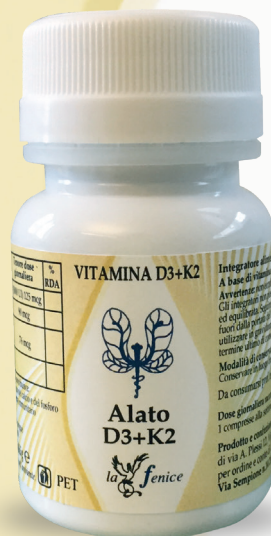
It contributes to normal absorption of calcium and phosphorus. Vitamin D contributes to the normal functioning of the immune system.

Method of preservation:

Store in a cool place, protected from light.

Contains:

Capsules: 100 tablets of 365 mg, total net weight 36.5 g e



In the same family:

ALATO 36 - oily extract

Bone metabolism

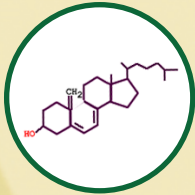
ALATO 39 - dry extract

Bone metabolism

Alato 16 - horsetail

mineralizing

HERBS PRESENT IN THE PRODUCT



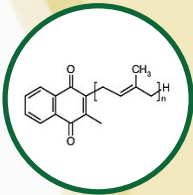
VITAMIN D3

Since the discovery of its antirachitic effect in 1920, vitamin D has only been seen in relation to its function on calcium and bone metabolism. According to recent studies, vitamin D deficiency is an important etiological

factor in the pathogenesis of many chronic diseases. These include autoimmune diseases (e.g. multiple sclerosis, type 1 diabetes), inflammatory bowel disease (e.g. Crohn's disease), infections (such as upper respiratory tract infections), immunodeficiency, cardiovascular disease (e.g. hypertension, heart failure, sudden cardiac death), cancer (e.g. colon cancer, breast cancer, non-Hodgkin's lymphoma) and neurocognitive disorders (e.g. Alzheimer's disease, Parkinson's disease).



**Alato
D3-K2**



VITAMIN K2

Vitamin K2 (menachinone, MK) is produced by bacteria. It is present in fermented foods, especially in cheese and in the Japanese food Natto.

Vitamin K has a direct and delicate connection with vitamin D. Vitamin D improves bone development by helping calcium intake; vitamin K2 directs calcium to the skeleton (also magnesium), preventing deposition in internal organs, joints and arteries.

Calcium deposits not correctly directed to the skeleton contribute to the creation of the arterial plaque (atherosclerosis).

For this reason if you take supplements of calcium and vitamin D without the right amount of vitamin K it may be more dangerous than not taking anything at all.

la **fenice**



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