



Alato

36

Type: **Bone metabolism**

Indications

Osteoporosis, autoimmune diseases

Recommended daily intake:

Maximum daily intake established by the Ministry of Health: = 2000 IU

Recommended dose:

Drops: 1 drop to a meal on a little bread once a week.

Physiological value:

vitamin D contributes to the normal functioning of the immune system. It influences the process of cell division and contributes to normal absorption of calcium and phosphorus.

Method of preservation:

store in a cool place, protected from light.

Contains:

Drops: 30 ml

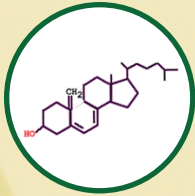


In the same family:

ALATO 39 - dry extract

Bone metabolism

HERBS PRESENT IN THE PRODUCT



VITAMIN D

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. A multitude of research results in recent years has shown that it is not just a regulator of calcium and phosphate homeostasis, but has numerous extra-skeletal effects. Vitamin D hormone has significant impact on the cardiovascular system, central nervous system, endocrine system and immune system and cellular differentiation and growth. Vitamin D receptors have been found in over 35 tissues that are not involved in bone metabolism. These include endothelial cells, pancreatic islet cells, hematopoietic cells, cardiac and skeletal muscle cells, monocytes, neurons, placental cells and T lymphocytes. 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).



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la fenice

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