

Olimp Labs

Mums C.F. et al. Global Consensus Recommendations on Prevention and Management of Nutritional Rickets. *Horm Res Paediatr* 2016; 88: 83-106.  
 Wagner C.L. et al. Prevention of Rickets and Vitamin D Deficiency in Infants, Children, and Adolescents. *Pediatrics*. November 2008, 122(5):1142-1152.  
 Ziegler E.E., Nelson S.E., Jeter J.M., Vitamin D supplementation of breastfed infants: a randomized dose-response trial. *Pediatr Res*. 2014 Aug; 76(2): 177-183.

*NRV - nutrient reference value.
Vitamin D (D3) 10 µg (400 IU) 200%
Nutrition information 1 capsule NRV*

**Ingredients:** medium-chain triglycerides oil (MCT oil), cholecalciferol - vitamin D, capsule shell (gelatine, humectant - glycerol, water).

**Warning:** make sure that the capsule shell is not swallowed by the baby. The product should not be used in case of hypersensitivity to any of its ingredients. **If you feed your baby vitamin D-fortified infant formula, consult your physician before using this product.**

Food supplement in the form of twist-off capsules containing vitamin D (D3). Vitamin D is needed for normal growth and development of bone in children and contributes to the function of the immune system in children. Furthermore, vitamin D contributes to the maintenance of normal teeth, helps to maintain normal blood calcium levels and promotes normal absorption/ utilisation of calcium and phosphorus.

The quantities of vitamin D produced as a result of endogenous synthesis may vary depending on a number of factors, including season of the year, skin pigmentation, latitude, use of sunscreen, clothing, amount of skin exposed to sunlight and age.

Vitamin D deficiency is common worldwide. According to the opinion of experts, 400 IU/day (10 µg) of vitamin D is recommended for all infants from birth to 12 months of age.<sup>1,2,3</sup> The product is intended for newborns and infants (up to 12 months), especially for breastfed and partially breastfed infants, to supplement

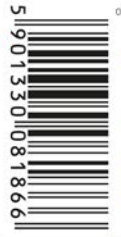
the diet with vitamin D.  
**Warning:** make sure that the capsule shell is not swallowed by the baby. The product should not be used in case of hypersensitivity to any of its ingredients. **If you feed your baby vitamin D-fortified infant formula, consult your physician before using this product.**

**Recommended use:** newborns and infants (up to 12 months): content of 1 twist-off capsule a day (400 IU of vitamin D3) or otherwise after consultation with physician. Administer with a meal. Twist and pull off the tip of the capsule. In case of difficulties with opening the capsule, cut off the tip. The squeezed content can be administered either directly into the baby's mouth, poured in a spoon, or mixed with a spoonful of cold or room temperature soft food or expressed milk. Dispose the capsule shell. Do not exceed the recommended daily dose. Food supplements should not be used as a substitute for a varied and balanced diet. A varied and balanced diet and a healthy lifestyle are recommended.

**Gold-Vit™ D3**  
**400 IU Baby**  
 Food supplement  
 Producer: **Olimp Laboratories**  
**Olimp Laboratories** Sp. z o.o.  
 Pustynia 84F, 39-200 Debieca, Poland  
 tel. +48 146803200, fax +48 146803265  
 e-mail: info@olimp-labs.com, [www.olimp-labs.com](http://www.olimp-labs.com)



Olimp PREMIUM CLUB



Best before/ Lot No.:



30 twist-off capsules  
 Food supplement

For newborns and infants

**Gold-Vit™ D3**



**400 IU**

**Baby**

Olimp Labs

**Gold-Vit™ D3 Baby** Food supplement

**Best before:** see left side of the packaging.  
 Unopened, keep in a dry place, below 25°C. Protect from moisture and light. Keep out of reach of children.

30 capsules  
**12,8 g**  
 1 capsule  
**425 mg**