

Oligovit® D3 + DHA omega baby

30 twist-off capsules

Food supplement

Additional source of vitamin D₃

Oligovit® D₃ + DHA omega baby contains combination of vitamin D₃ and docosahexaenoic acid (DHA), in optimal dose for infants from the 8th day of birth and for small children to 3 years of age.

Vitamin D and docosahexaenoic acid (DHA) are important for healthy development of infants and children, and has potentially serious effects on children's health in case of its deficiency.

Oligovit® D₃ + DHA omega baby gives the recommended daily dose of vitamin D₃ and DHA and in that way helps:

- brains growth, cognitive and mentale functions,
- eye development and visual acuity
- normal bone mineralization, development and growth of teeth and bones

The content of active ingredients	1 twist-off capsule	NRV*	100 g**
Vitamin D ₃	10 µg	200	4 mg
Oil from microalgae <i>Schizochytrium sp.</i> , from which docosahexaenoic acid	250,5 mg	-	100,0 g
	100,0 mg	-	39,8 g

*calculated with reference to the net amount contained in a capsule, **it refers only to the net amount contained in a capsule

Ingredients of the capsule contents: Oil from microalgae *Schizochytrium sp.*, cholecalciferol.

Capsule conents that are not consumed: gelatin, thickening agent: glycerol, color: red iron oxide, purified water.

Action

Vitamin D₃ is important for normal growth and development of bones and teeth.

It belongs to the liposoluble class of vitamins. It is naturally synthesised in the skin, where it is converted from inactive provitamin D to active Vitamin D₃ when exposed to sunlight.

In combination with parathyroid hormone, it contributes to normal absorption and improves utilisation of calcium and phosphorus from the digestive tract, consequently playing an important role in normal bone mineralisation.

Vitamin D₃ takes part in the process of cell division and in protein synthesis and muscle contraction, thus contributing to normal muscle function.

Vitamin D3 deficiency may result in bone demineralisation and a condition called rickets. Rickets includes a class of conditions characterised by mineralisation (calcium and phosphorus incorporation) disorder affecting the cartilage and developing bones. This results in cartilage and bone overgrowth which forms distinctive thickening at the typical sites. Bones remain soft and, as a result, they end up being fragile and easily broken.

Prevention: All newborns are prescribed vitamin D3 at the daily dose of 400 IU (10 µg), starting from the second week until the end of the first year of life. Its use is recommended during winter months from the end of the first year of life until the end of puberty.

Docosahexaenoic acid (DHA)

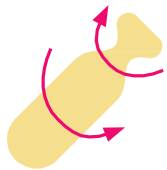
DHA is a long-chain omega-3 fatty acid. DHA is an important structural component of the brain, nerve cells and the retina of the eye: 97% of all omega-3 fatty acids in the brain are DHA, and 93% of the total omega-3 fatty acids are present in the retina. 60% of the structure of the brain is fat, and 25% of that fat is DHA. DHA, as an extremely important structural component of the brain, makes up 30% of the structural fat in the gray matter of the brain. Intensive growth of the baby's brain occurs in the last trimester of pregnancy and the first year of life. In the first two years of life, DHA is an essential component of critical connective components in the brain.

Omega-3 fatty acids are necessary for brain development, cognitive, mental functions and vision development in newborns.

DHA is an important structural component of the nerve cells of the brain and the retina of the eye. The DHA found in the product Vitup® D3 + DHA omega baby, twist-off capsules is of plant origin - obtained from microalgae, which reduces the risk of pollution by heavy metals from the ocean, which accumulate in marine animal organisms (fish or shrimp).

Use:

Infants and small children: content of 1 twist-off capsule daily, from 8th days of birth and for small children to 3 years of age. If infants are on prophylaxis with Oligovit® D3 + K₁ baby from the end of 3rd month of birth, it is recommended to start with use of Oligovit® D3 + DHA omega baby after that period (from the beginning of 4th month of birth).



1. Twist one part of the capsule (cap), pull it up and remove it



2. Press the capsule and squeeze out the capsule contents directly into baby's mouth or in a teaspoon, or mix it with milk

Notes:

Never put the entire capsule in the child's mouth! Squeeze out only its contents.

Food supplements should not be used as a replacement for a varied and balanced diet.

Keep out of the reach of children.

Warnings:

The product should not be used by persons sensitive to any of the ingredients in this product.

Pregnant and breast-feeding women should not take this product without talking to their doctor first.

The recommended daily dose should not be exceeded.

Storage conditions

Store in a dry place, protected from light, at temperatures from 15°C to 25°C.

Shelf life

Do not use after the expiry date stated on the pack.

Holder of the right to enter the data into database of the Ministry of Health of the Republic of Serbia/Importer:

Galenika a.d., Batajnički drum b.b., 11080 Belgrade, Republic of Serbia

 **Galenika**

Manufactured in: EU Imported from: EU