

## Daily Vitamin D3 2000iu – a nutritionist's guide

Before you begin supplementation, we have prepared some additional information about this product which you may find useful for optimal results with your nutrition regime.

### Dosing guidelines

A serving of *Daily Vitamin D3 2000iu* consists of 1 small tablet, providing you with the full serving amount as indicated on the nutritional panel.

### How to maximise absorption

We recommend taking *Pure & Essential Daily Vitamin D3 2000iu* with food as this will stimulate the body's natural production of digestive enzymes, assisting in the breakdown and absorption of the tablet.



Maxine Sheils BSc (Hons), DipCNM  
Nutritionist

### Taking another supplement containing vitamin D alongside *Pure & Essential Daily Vitamin D3 2000iu*?

Many people take other supplements alongside *Daily Vitamin D3 2000iu* - fish oil, like *Pure & Essential Wild Fish Oil*, for example, which also contains vitamin D. If taking another product containing vitamin D, we recommend taking one *Daily Vitamin D3 2000iu* tablet every other day for general health, or taking 1 every day short term alongside your other supplement if you are deficient. If you are taking any other supplement containing vitamin D and are unsure about how many tablets of *Daily Vitamin D3 2000iu* to take, feel free to contact us.

### Going above and beyond the NRV

We are often asked why we use such high doses of vitamin D in *Daily Vitamin D3 2000iu*. Firstly, the nutrient reference value (NRV) is the minimum amount needed to meet our requirements, but is the minimum enough? Many people in the UK are deficient in vitamin D and therefore taking the NRV will only help to maintain a deficiency status instead of increasing it. With this in mind, we decided to exceed the minimum NRV to ensure users receive an optimal amount without exceeding the safe upper limit.

### Feeling the benefits

The easiest way to monitor your progress is with regular testing of your vitamin D levels. Vitamin D levels will naturally fluctuate throughout the year due to greater sun exposure in the summer months, so you may find that you do not need to supplement during this time of year.

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**Ask a nutritionist**

Igennus nutritionists are available to answer any queries you may have about any of our products. You can contact us via live chat at [Igennus.com](https://www.igennus.com), email [askourexperts@igennus.com](mailto:askourexperts@igennus.com) or call +44 (0)1223 421434.

Wishing you health and longevity,

Maxine & the Igennus team

