

MÖDERE™



## D3 PLUS

with chelated minerals

### THE WELLNESS PROBLEM

For all manner of reasons – particularly poor diet, lifestyle choices or illness – we may not receive all of the nutritional requirements our body requires to operate at optimum efficiency and underpin our overall wellbeing.

Good nutrition is a cornerstone of good health. When essential vitamins and minerals such as vitamin D, iron, magnesium and phosphorus are not obtained in sufficient amounts from dietary sources, the long-term indications may affect general health or lead to conditions associated with inadequate nutrition.

One very common nutritional deficiency is vitamin D. While vitamin D is available in some foods, most of your body's vitamin D is produced in your skin by exposure to the UV-B rays in sunlight. The aged, those who are housebound or institutionalised, those with very dark skin, those who cover their skin for cultural or religious reasons, shift workers and those with medical conditions which prevent or inhibit absorption (e.g. coeliac disease) are at particular risk of vitamin D deficiency.

Supplementation may be the perfect answer.

### THE MODERE SOLUTION

D3 Plus delivers a specific group of essential nutrients primarily targeted at supporting bone and muscle health.

D3 Plus is versatile supplement praised by users as a ready source of bioavailable chelated minerals. Mineral chelates are formed when a mineral is attached to a carrier or chelator, generally an amino acid, which are readily absorbed along with the mineral in the digestive tract.

Modere has enhanced this nutritional so it provides an increased dosage of the essential vitamin D3. Dietary sources of vitamin D3 are very limited, making sun exposure or supplementation your primary sources of vitamin D3.

As the primary role of vitamin D3 in humans is to assist in the absorption of calcium from dietary sources, it can assist the uptake of calcium from dietary sources. Vitamin D3 deficiency is of growing concern and awareness of its dangers is being constantly promoted through the media.



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## WELLBEING BENEFITS OF D3 PLUS

### Dietary supplementation

- Good source of minerals, including chelated minerals and trace elements to provide supplementation where dietary intake may be inadequate
- Contains iron, which is essential for healthy blood and carrying oxygen through the body
- High dose vitamin D3 assists the body in absorbing calcium

### Immune health

- D3 Plus may be beneficial in improving immune system health

### Bone and muscle health

- Source of vitamin D3, essential for healthy bones. Vitamin D3 assists in the absorption of calcium - a diet deficient in calcium can lead to osteoporosis later in life.
- Provides a readily available source of vitamin D3 to help support muscular health
- Vitamin D3 may help to reduce the risk of falls in elderly people
- Supports healthy bone density

### Wellness

- Helps in the maintenance or improvement of general wellbeing

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## LIFESTYLE TIPS

- Weight-bearing exercise is required to maintain adequate bone density, strength, and a strong immune system.
- Foods high in essential fatty acids such as oily fish and nuts/seeds should be consumed. Follow Modere Healthy Lifestyle Food List for optimal results.
- Protein is essential and should be consumed with every meal.
- Dietary sources of vitamin D3 are very limited, so to manufacture adequate levels your body needs either sun exposure or supplementation.
- In order to produce enough vitamin D3, a person with light coloured skin would need to have their arms and legs exposed to full sunlight for 20 minutes every day. It doesn't sound like much, yet up to 30% of Australians are vitamin D3 deficient.

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## COMPANION PRODUCTS

You may receive additional benefits from combining this product with: Natural Mineral Drink, Adult Multivitamin or Adult Multivitamin Plus Botanicals, Antioxidant Sustained Release, EFA Krill.

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## FACTS

### ACTIVE INGREDIENTS

Vitamin D3, calcium, chromium, copper, iodine, iron, magnesium, manganese, phosphorus, potassium, zinc.

### DIRECTIONS FOR USE

Take one tablet three times daily with meals. Pack size: 90 tablets.

### PRECAUTIONS

Always read the label. Use only as directed. Vitamin supplements should not replace a balanced diet. Not for the treatment of iron deficiency conditions. If symptoms persist, consult your healthcare professional.

### FREE FROM

Milk, gluten, preservatives, artificial colours and flavours, and yeast. Suitable for vegetarians.

Listed on the Australian Register of Therapeutic Goods, AUST L 235993.