



WORLD  
USA

# Fontainavie Vit-D3 Capsules New Generation

*- Information Guide*



  
FONTAINAVIE  
BODY & MIND  
NEW GENERATION

## VIT-D3 CAPSULES

Supports the immune, skeletal, and muscular system.\*

**FIT6**

DIETARY SUPPLEMENT  
30 CAPSULES



FONTAINAVIE  
BODY & MIND  
NEW GENERATION

# Fontainavie Vit-D3 Capsules New Generation - *Information Guide* for FM World USA Business Partners

Vitamin D3 capsules from the Fontainavie NEW GENERATION series offer a powerful combination of Vitamins D3 and K2, essential nutrients that work together to enhance overall health. This supplement is specifically designed to support bone strength, cardiovascular health, and general vitality, providing an essential foundation for your well-being.

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## Ingredients and Their Descriptions

### Vitamin D3 (Cholecalciferol):

Known as the “sunshine vitamin,” Vitamin D3 is vital for maintaining optimal calcium and phosphorus levels in the body. It is essential for bone health and supports the immune system.

### Vitamin K2 (K2MK7 from Natto soy):

Vitamin K2 is crucial for activating proteins that facilitate calcium binding to bones and teeth, preventing calcium deposits in arteries and soft tissues. Sourced from Natto soy, this form of Vitamin K2 is highly bioavailable.

## Benefits

- **Supports Bone Health:** Vitamin D3 aids in the absorption of calcium and phosphorus, essential for building and maintaining strong bones. Vitamin K2 ensures that calcium is directed to the bones rather than the arteries, reducing the risk of osteoporosis and fractures.
- **Promotes Cardiovascular Health:** Vitamin K2 helps prevent the calcification of arteries, a contributing factor in heart disease, by directing calcium to the bones. This can reduce the risk of heart disease and atherosclerosis.
- **Boosts Immune Function:** Vitamin D3 is known to enhance the immune system, helping the body fight off infections and reduce inflammation.
- **Enhances Muscle Function and Energy:** Vitamin D3 plays a role in muscle function and energy production, contributing to overall vitality.

## Best for

- **Individuals Over 18:** As we age, the natural production of Vitamin D in our bodies declines. Supplementing with Vitamin D3 becomes increasingly important to maintain bone density and overall health, especially as the risk of osteoporosis and cardiovascular issues increases.
- **People Living in Low Sunlight Areas:** Those residing in regions with limited sunlight exposure, such as during winter months or in higher latitudes, may struggle to produce sufficient Vitamin D naturally. Supplementation helps ensure adequate levels of this essential vitamin.
- **Indoor Workers and Urban Dwellers:** Individuals who spend most of their time indoors, whether due to work or lifestyle, may not get enough sun exposure to produce the necessary Vitamin D. This supplement can help bridge that gap.
- **Older Adults and the Elderly:** Bone health is a significant concern for older adults, particularly those over 50, as bone density naturally decreases with age. Vitamin D3 and K2 work together to maintain bone strength and reduce the risk of fractures.
- **Active Individuals:** For those engaging in regular physical activity, particularly weight-bearing exercises, maintaining adequate Vitamin D levels is crucial for muscle function and recovery. The addition of vitamin K2 supports joint and cardiovascular health.
- **Individuals with Dietary Restrictions:** People following vegan, vegetarian, or lactose-free diets might miss out on natural sources of Vitamin D (like dairy products and fish).
- **Those Concerned About Cardiovascular Health:** Individuals with a family history of heart disease or those who are at risk of atherosclerosis may benefit from the combination of Vitamins D3 and K2, which work together to prevent calcium buildup in the arteries.
- **Individuals in Periods of Viral Infections (such as Cold or Flu):** During times when viral infections like colds or the flu are prevalent, maintaining adequate levels of Vitamins D3 and K2 is crucial. These vitamins play a key role in strengthening the immune system, potentially reducing the risk of infection and aiding in a faster recovery if illness occurs. Regular supplementation can help bolster the body's defences, making it more resilient against common viruses.
- **Menopausal and Post-Menopausal Women:** Hormonal changes during menopause can lead to a decrease in bone density. Supplementing with Vitamin D3 and K2 can help counteract these effects, supporting bone health during this critical time.

## Contraindications

- **Pregnant or Lactating Women:** Not recommended for use during pregnancy or breastfeeding without medical advice.
- **Individuals Under 18 Years of Age:** This supplement is not intended for children or teenagers.
- **People with Sensitivity to Ingredients:** Avoid use if allergic or sensitive to any of the product's ingredients.
- **Patients on Anticoagulants:** Those taking vitamin K antagonist anticoagulants (e.g., warfarin, acenocoumarol) should not use this product without consulting a healthcare provider.

## Active Ingredients

Vitamin D3: 75 µg (3000 IU) - 1500% of the Nutrient Reference Value (NRV)

Vitamin K2: 100 µg - 133% of the NRV

## Full List of Ingredients

· Inulin, Bovine Gelatin, Vitamin D (Cholecalciferol), L-Leucine, Vitamin K (K2MK7 from Natto soy).

## Directions

Take 1 capsule daily with a glass of water during a meal. Do not exceed the recommended daily dose.

## Additional information

**Storage:** Store in a tightly closed container in a dry place, out of direct sunlight, and below 25°C. Keep out of reach of young children.

**Health Considerations:** Before starting supplementation, it is advisable to perform a 25-(OH)D blood test to assess Vitamin D levels and consult with a healthcare provider for personalised advice. This product is intended for healthy individuals under 75 years of age.

## Prospecting Questions for Potential Customers

### 1. How much time do you spend outdoors in direct sunlight on a daily basis?

Purpose: This question helps identify customers who may have limited sun exposure, which could lead to vitamin D deficiency. If they spend most of their time indoors, they are likely to benefit from vitamin D3 supplementation.

### 2. Do you have any concerns about your bone health, or have you ever been diagnosed with low bone density?

Purpose: This question targets individuals who are at risk of or concerned about osteoporosis or other bone-related conditions. Vitamin D3 and K2 are crucial for maintaining strong bones, making this product particularly relevant for them.

### 3. Are you looking for ways to support your immune system, especially during cold and flu season?

Purpose: This question addresses customers who may be interested in boosting their immune defences during periods of increased viral infections. It highlights the immune-supporting benefits of vitamin D3.

#### **4. Have you or anyone in your family experienced heart disease or other cardiovascular issues?**

Purpose: This question identifies customers who are concerned about cardiovascular health. The combination of Vitamins D3 and K2 is beneficial for heart health, particularly in preventing arterial calcification.

#### **5. Do you follow a specific diet, such as vegetarian, vegan, or dairy-free?**

Purpose: This question helps identify customers who might not be getting enough Vitamin D and K2 from their diet. These individuals are likely to benefit from supplementation, as these vitamins are often found in animal products and fortified foods.

## **FAQ ANSWERED about Fontainavie VIT-D3 Capsules New Generation**

#### **1. Can I take Fontainavie VIT-D3 capsules if I am already taking other supplements or multivitamins?**

Yes, you can take Fontainavie VIT-D3 capsules along with other supplements or multivitamins. However, it's important to ensure that you are not exceeding the recommended daily intake of Vitamin D3 or K2 when combined with other products.

#### **2. How long should I take Fontainavie VIT-D3 capsules before noticing any benefits?**

The time it takes to notice benefits can vary depending on individual health conditions and current vitamin levels. Some people may notice improvements in their energy levels or immune function within a few weeks, while bone density benefits may take longer. Consistent daily use is recommended for the best results.

#### **3. Is Fontainavie VIT-D3 suitable for vegetarians or vegans?**

Fontainavie VIT-D3 Capsules contain bovine gelatin, which is derived from animal sources, making them unsuitable for vegetarians or vegans. Customers following a plant-based diet should look for an alternative product that aligns with their dietary preferences.

#### **4. Can Fontainavie VIT-D3 help with seasonal affective disorder (SAD)?**

While Fontainavie VIT-D3 capsules are not specifically formulated to treat seasonal affective disorder (SAD), maintaining adequate vitamin D levels can potentially help improve mood and reduce symptoms associated with SAD, which are often linked to reduced sunlight exposure.

#### **5. Is it safe to take Fontainavie VIT-D3 capsules long-term?**

Yes, it is generally safe to take Fontainavie VIT-D3 capsules long-term as part of a balanced diet and healthy lifestyle. However, long-term supplementation should be monitored, especially if you are taking high doses, to avoid potential vitamin D toxicity. Regular check-ups with a healthcare provider, including blood tests to monitor vitamin D levels, are advisable.

# Comparison of the Old Version of Fontainavie VIT-D3 Capsules and the New Generation Fontainavie VIT-D3 Capsules

Active Ingredient	Old Version Fontainavie VIT-D3 Capsules	New Version Fontainavie VIT-D3 Capsules
Vitamin D3	75 µg / 3000 IU (1500% NRV)	75 µg / 3000 IU (1500% NRV)
Vitamin K2	Not included	100 µg / (133% NRV)

## Benefits of the change explained

- Enhanced Formulation:** The New Generation Fontainavie VIT-D3 Capsules include the addition of Vitamin K2, which works synergistically with Vitamin D3 to provide more comprehensive benefits for both bone and cardiovascular health.
- Expanded Benefits:** While the Old Version focused mainly on the benefits of Vitamin D3, the New Generation formula offers enhanced support for cardiovascular health by preventing calcium buildup in the arteries and better overall calcium regulation in the body.
- Target Audience:** The New Generation is tailored to a broader audience, addressing the needs of individuals concerned with not just bone health but also cardiovascular health and immune system support.