

## DEFORT 3 MAX

### Instructions for use of dietary supplements

**Trade name:** Defort 3 Max.

**INN:** Vitamin D3 + Vitamin K2.

**Dosage form:** gelatin capsules.

**Composition:** Each gelatin capsule contains:

Vitamin D3 (cholecalciferol) 125 mcg (5000 IU);

Vitamin K2 (menaquinone-7) 100 mcg.

**Excipient:** Unrefined olive oil.

**Pharmacotherapeutic group:** dietary supplement. Vitamins.

**Pharmacological properties:**

**Pharmacodynamics:**

The combined use of D3 and K2 is a factor that significantly reduces the risk of a number of other chronic diseases: endocrine metabolic (obesity, diabetes), cancer, cardiovascular (coronary heart disease, atherosclerosis, hypertension), infectious, cerebrovascular (deterioration of cognitive functions of the brain, neurodegenerative diseases). Unfortunately, the amount of vitamins K2 and D3 in the human diet is very limited. Additionally, the risk group includes people over 50 years of age, vegetarians, and overweight people. A lack of vitamins D3 and K2 in the body occurs with diseases of the liver, kidneys, intestines, diabetes, and when taking certain medications (broad-spectrum antibiotics, glucocorticoids, antifungal drugs).

Vitamin D3 is a unique adaptive immunomodulator. Strengthens the body's immune system: increases immunity, reduces the level of inflammation and viral activity. Vitamin D3 enhances innate immunity, activates antimicrobial peptides that eliminate pathogenic organisms such as microbes, bacteria and viruses. It also strengthens cellular immunity, reduces cytokine storm levels, and also supports lung function by reducing the inflammatory response caused by viruses. In addition, it also stimulates the production of antimicrobial proteins in the mucous membranes of the upper respiratory tract.

Regulates calcium-phosphorus metabolism. Enhances the absorption of calcium in the intestine and the reabsorption of phosphorus in the renal tubules, normalizes the formation of the bone skeleton, and helps preserve the structure of bones and teeth. Calcium is essential for maintaining healthy bones and teeth, and vitamin D3 helps the body absorb calcium and also protects bones. Strengthens and restores the articular-ligamentous apparatus.

Supports the reproductive system of men and women, increases the production of male sex hormones.

Has a beneficial effect on the nervous system: improves mood, especially in winter.

Vitamin D3 regulates metabolism and increases energy levels in the body.

Vitamin K2: Vitamin K2 has several forms, but menaquinone-7 has the highest level of bioavailability. Menaquinone-7 remains active longer than other forms of vitamin K2. It circulates in the blood for about

72 hours and during this time manages to reach all organs, including bone tissue. Vitamin K2 is necessary for the absorption of calcium, regulates metabolic processes, supports blood vessels and the heart, and improves brain activity. Participates in the formation of the skeleton, as it stimulates the penetration of calcium into bone tissue, directs calcium to strengthen bones, preventing its deposition in joints, kidneys and blood vessels (vascular walls). Strengthens bone tissue by activating the production of the protein osteocalcin, which increases bone mineral density. Necessary for normal blood clotting, which is extremely important for the rapid healing of injuries, catalyzes the process of protein synthesis, and normalizes the functioning of the cardiovascular system. Prevents premature aging of the skin by removing excess calcium from it and increasing the elasticity of connective tissue fibers. Participates in the functioning of the gastrointestinal tract and controls liver function.

### **Indications for use:**

As a dietary supplement to food - an additional source of vitamins D3 and K2. Additional intake of vitamins D3 and K2 is recommended:

- To prevent hypovitaminosis of vitamins D3 and K2 in the body;
- To form an adequate immune response - suppresses an excessive inflammatory response to viruses, reduces the activity of pro-inflammatory cytokines, contributes to a less severe course of ARVI;
- For the prevention of hypovitaminosis of vitamins D3 and K2, which occurs in diseases of the liver, kidneys, intestines, diabetes, when taking certain medications (broad-spectrum antibiotics, glucocorticosteroids, antifungal drugs);
- For the prevention and complex therapy of osteoporosis - improves calcium absorption, increases bone mineral density, normalizes the process of bone remodeling, reduces the risk of bone fractures.
- To maintain joint flexibility, helps normalize the functioning of ligaments, to improve metabolic processes in cartilage tissue;

To reduce the risk of developing cardiovascular diseases - improves endothelial function, prevents calcium deposition in the walls of blood vessels, enhances anti-sclerotic effects, normalizes blood clotting;

- To maintain the endocrine system;
- For the prevention of carbohydrate metabolism disorders: regulates the metabolism of glucose and insulin, stimulates the process of insulin production, reduces inflammation in pancreatic tissues, increases cell sensitivity to insulin;
- To improve the condition of skin and hair, nails, prevents premature aging of the skin;
- For wound healing;
- To maintain muscle tone;
- To maintain the functioning of the reproductive system in men, promotes conception, maintains testosterone levels in men, improves sperm quality, reduces the risks of infertility in men;
- To maintain the reproductive system of women, to prepare the woman's body for pregnancy, to relieve the symptoms of menopause in women, to relieve the symptoms of PMS;
- To increase energy levels, reduce fatigue;

- For the prevention of neurological disorders - improves cognitive functions of the brain, reduces anxiety and depression, improves mood, reduces the risk of developing neurodegenerative diseases, to improve mental activity.

**Mode of application:**

Adults are recommended to take one capsule daily after meals or as directed by a healthcare practitioner. It is recommended to take in the morning. The duration of the appointment is determined by the doctor. Repeated courses of admission are possible if necessary throughout the year.

The food supplement does not replace a complete and balanced diet.

Do not exceed the established recommended dose.

A varied and balanced diet and a healthy lifestyle are important.

**Contraindications:**

- Individual intolerance to components;
- Hypervitaminosis of vitamin D3 and K2;
- Simultaneous use of medications containing vitamins D3 and K2;
- Increased calcium levels in the blood;
- Urolithiasis, renal failure;
- Pregnant and lactating women.

**Warning:**

Dietary supplement not a medicine!

**Release form:**

Gelatin capsules No 60 per package.

**Storage conditions:**

In a dry, dark place, at a temperature not exceeding 25 °C.

Keep out of reach of children.

**Vacation conditions:**

Without a doctor's prescription.

**Made for:**

**MAXX-PHARM LTD.**

**London, Great Britain**

