



VIT.D3-GAP



adcock ingram

VIT.D3-GAP



BONE HEALTH

Vitamin D₃ and bone health – Incidence and Burden

Osteoporosis affects

1 in 10 women aged 60
1 in 5 women aged 70
2 in 5 women aged 80 and
2 in 3 women aged 90¹

Hip fractures

About
20-25 %
of hip fractures occur in **MEN**¹

The overall mortality is about
20 %
in the first **12 months**
after hip fracture and is higher
in men than **WOMEN**¹

Hospitalisation

In women over 45 years
of age, osteoporosis accounts for
more days spent in hospital than many
other diseases, including diabetes,
myocardial infarction
and breast cancer¹

Prevention of Osteoporosis

Adults should:²

- Avoid under-nutrition, particularly the effects of severe weight loss diets and eating disorders
- Ensure a nutritious diet and adequate calcium intake
- Maintain an adequate supply of vitamin D
- Participate in regular weight-bearing activity
- Avoid smoking and second-hand smoking
- Avoid heavy drinking



adcock ingram



BONE HEALTH

Vitamin D₃ - Physiological effect and effect of deficiency

PHYSIOLOGICAL EFFECT²



Vitamin D is essential for the development and maintenance of bone, both for its role in assisting calcium absorption from food in the intestine, and for ensuring the correct renewal and mineralisation of bone tissue²

EFFECT OF DEFICIENCY³



- Inadequate absorption of calcium and phosphate
- In infants and children lack of vitamin D results in defects in bone growth known as rickets
- Results in osteomalacia which is most likely to happen during times of increased need for calcium, during pregnancy or lactation





VIT.D3-GAP

VIT.D3-GAP capsules assist in the maintenance of vitamin D₃ levels³

Vitamin D is required to maintain adequate calcium metabolism and good bone health for all ages³

VITAMIN D₃

AMOUNT PER D3-GAP CAPSULE (DOSAGE:
1 CAPSULE DAILY)³

800 IU

DRI (DIETARY REFERENCE INDEX) OR RDA
(RECOMMENDED DAILY ALLOWANCE)⁴

Men and women ≤ 70 years: 600 IU/day
Men and women > 70 years: 800 IU/day

OTHER SOURCES⁵

Sunlight, oily fish, fortified food



VIT.D3-GAP capsules assist in the maintenance of vitamin D₃ levels. Vitamin D is required to maintain adequate calcium metabolism and good bone health for all ages³

DOSAGE & DIRECTIONS FOR USE

Take one (1) capsule daily³

References: **1.** International Osteoporosis Foundation. Facts and Statistics. [cited 21 April 2017]; available from <https://www.iofbonehealth.org/factsstatistics/> <https://www.iofbonehealth.org/preventingosteoporosis/> <https://www.iofbonehealth.org/osteoporosis-musculoskeletal-disorders/osteoporosis-prevention/vitamin-d> **2.** International Osteoporosis Foundation. [cited 21 April 2017]; available from <https://www.iofbonehealth.org/preventingosteoporosis> **3.** Vit.D3-GAP Package Insert, 2017. **4.** Ross CA, Taylor CL, Yaktine AL, et al [eds]. Dietary Reference Intakes (DRIs): Dietary reference intakes for calcium and vitamin D. Institute of Medicine, National Academy of Sciences, 2011. [cited 2017 Mar 17]; Available from: <https://www.nap.edu/13050> **5.** Feider M, Inerra F, Manucha W. The world pandemic of vitamin D deficiency could possibly be explained by cellular inflammatory response activity induced by the renin-angiotensin system. Am J Physiol Cell Physiol 2013;304:C1027-C1039.

VIT.D₃GAP. Each capsule contains Vitamin D₃ 800IU.

Adcock Ingram Limited. Reg. No. 1949/034385/06. Private Bag X69, Bryanston, 2021, South Africa. Tel. +27 11 635 0000. www.adcockgap.co.za
1031804_04/2017

