

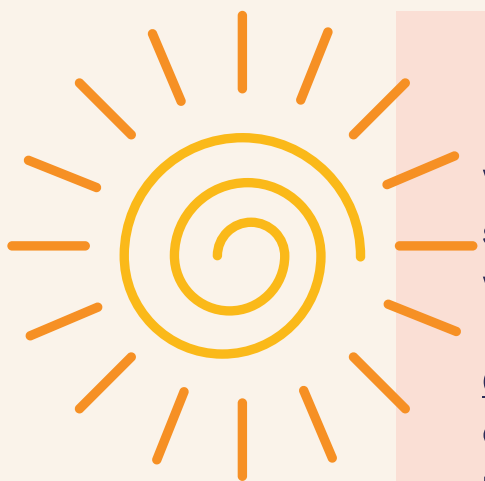
FACTSHEET

Vitamin D

For a protective food

Vitamin D melts into fat matter. It is involved in the **absorption of calcium** and phosphorus by our body, two essential minerals for the development, **growth and fix of our bones** ...

Choosing foods that are well supplied with vitamin D is an additional preventive measure in the fight against viral infections.



Looking for the sun ?

Vitamin D is created from light (UVB rays) in the skin. **In periods of low sunshine** or lockdown, vitamin D deficits are frequently observed.

Good to know : Farm animals that have been exposed to the sun (pasture, barnyard) also produce more vitamin D! Outdoor production methods are therefore to be favored .

2 kinds of Vitamin D

- **Vitamin D2**, made by plants
- **Vitamin D3**, made by animals from vitamin D2. Vitamin D3 helps to increase our blood levels of vitamin D more effectively.

Bleu-Blanc-Coeur focus on the animal feed diversity, to guarantee.. products of high nutritional quality.



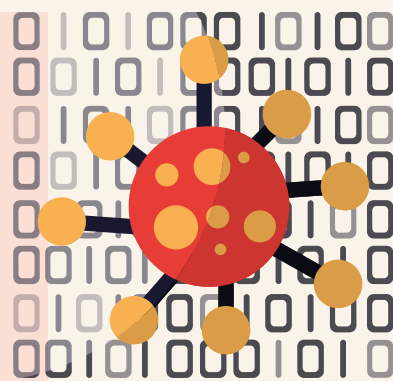
Where to find it ?

- **Vitamin D3** : **Fatty fish** (cod, herring, sardines, trout, salmon), **Eggs, Dairy products**. The vitamin D content, can vary from 1 to 10 depending on how the animal has been fed and raised.
- **Vitamin D2** : **algae, cocoa** and in small amounts in mushrooms and avocado.

Before any use of **food supplements**, medical advice is necessary.

Its role in anti-virus protection

In populations with low blood vitamin D levels, It has been observed more deaths linked to COVID-19*. The researchers' hypothesis? Vitamin D, would activate defense proteins and strengthen the membranes of our cells to limit intrusions. It also participates in the resolution of inflammation.



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