

ITEM #19377
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ACTUAL SIZE



MAXIMUM STRENGTH

Vitamin D3 5000 IU

**Promotes Bone and
Immune System Health***

Once Daily Formula

Dietary Supplement

**100 RAPID RELEASE
SOFTGELS**



Supplement Facts

Serving Size 1 Softgel

Amount Per Serving	%Daily Value
Vitamin D (as D3 Cholecalciferol)	5,000 IU 1,250%

Other Ingredients: Soybean Oil,
Gelatin, Vegetable Glycerin.

No Gluten, No Yeast, No Wheat,
No Milk or Milk Derivatives,
No Lactose, No Egg, No Grapefruit,
No Fish, No Sweetener, No Sugar,
No Starch, No Preservatives,
No Artificial Color, No Artificial Flavor,
No Sodium.

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications or have hypercalcemia, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Not intended for use by persons under the age of 18. Keep out of reach of children. Store in a cool, dry place. Do not use if seal under cap is broken or missing.

***These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.**

Directions: For adults, take one (1) softgel daily, preferably with a meal.

Vitamin D helps promote healthy bones and teeth and plays a role in the maintenance of calcium and phosphorus levels in the blood.* A recent scientific study showed that older adults who consumed 5000 IU of Vitamin D plus small amounts of calcium per day were able to maintain healthy bone density measures.¹* This high-potency Vitamin D supplement also assists in maintaining a healthy immune system.* Supplementing with Vitamin D3 is an easy and convenient way to increase your daily Vitamin D intake.

¹Subjects were given 5000 IU Vitamin D and 320 mg elemental Calcium in the form of fortified bread. Mocanu, V. et al. Am J Clin Nutr. 2009. 89: 1132-1137.

Manufactured by Good 'N Natural®, Bohemia, NY 11716 USA
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