Suggested Use: For adults, take 1 softgel per day with a meal, or as directed by your qualified health care consultant.

NOTE: If you have a medical condition (especially kidney stones or dysfunction), are pregnant or lactating, are under the age of 18, or are taking medications, consult your health care practitioner before using this product.

Jarrow FORMULAS® Vitamin D3 (cholecalciferol) is derived from cod liver oil and sheep's wool and is free of vitamin A. Vitamin D_3 is converted by the kidneys into the hormone calcitriol, the active form of vitamin D_3, which affects a variety of target tissues, including bone, intestine, muscle, brain, skin and immune cells.* Calcitriol enhances calcium and phosphorous absorption and stimulates the synthesis of **osteocalcin**, an important structural protein in bone.* Also, calcitriol is involved in proper cell differentiation (changing of cell function), including in prostate cells.*

HEALTH CLAIM: Adequate calcium and vitamin D as part of a healthful diet, along with physical activity, may reduce the risk of osteoporosis later in life.

Keep out of the reach of children.

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

Lot #. Best Used Before:

Jarrow FORMULAS®

Vitamin D3

1000 IU Cholecalciferol

Promotes:
- **Calcium and Bone Metabolism***
- **Healthy Cell Replication***
- **Immune Function***
- **Breast, Colon and Prostate Protection***

100 Softgels

Dietary Supplement

Supplement Facts

Serving Size 1 Softgel

	Amount Per Softgel	% DV
Vitamin D_3 (as cholecalciferol)	1000 IU	250%

Other Ingredients: Soybean oil and fish liver oil. Softgel consist of gelatin, glycerin, and water.

No wheat, no gluten, no dairy, no egg, no shellfish, no peanuts/tree nuts.

100 IU of Vitamin D is equal to 2.5 micrograms of cholecalciferol. Each softgel contains 25 mcg of cholecalciferol.

Distributed Exclusively by:
Jarrow FORMULAS®
Superior Nutrition and Formulation℠
Los Angeles, CA 90035-4317
www.Jarrow.com

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PROD # 130003

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