

ACTUAL  
SIZE

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CODE 0372 V5

**SUGGESTED USAGE:** As a dietary supplement, take 1 softgel every 2 days with a meal, or as directed by your health care practitioner.

**Do not exceed the recommended dose.** Consult your health care practitioner if you have any kidney disorders, hypercalcemia, are taking any medications, or are pregnant/lactating. Keep out of reach of children.

NOW® Vitamin D softgels supply this key vitamin in a highly-absorbable liquid softgel form. Vitamin D is normally obtained from the diet or produced by the skin from the ultraviolet energy of the sun. However, it is not abundant in food. As more people avoid sun exposure, Vitamin D supplementation becomes even more necessary to ensure that your body receives an adequate supply.



# Vitamin D-3 5,000 IU

## STRUCTURAL SUPPORT

### Highest Potency

- Helps Maintain Strong Bones
- Supports Dental Health\*

**120 Softgels**

A Dietary Supplement



## Supplement Facts

Serving Size 1 Softgel

	Amount Per Serving	% Daily Value
Vitamin D <sub>3</sub> (as Cholecalciferol) (from Lanolin)	5,000 IU	1250%

Other ingredients: Olive Oil and Softgel Capsule (gelatin, glycerin, water).

Manufactured by NOW FOODS, 395 S. Glen Ellyn Rd., Bloomingdale, IL 60108. Made in the U.S.A. www.nowfoods.com  
Contains no sugar, salt, starch, yeast, wheat, gluten, soy, milk, egg, shellfish or preservatives.

Store in a cool, dry place. Please Recycle.

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