

Directions: As a dietary supplement, adults take one (1) softgel capsule daily with meals or, as directed by a health care professional.

The role of Vitamin D in helping to maintain bone density and strength is clear. It is required for the process of moving calcium through the intestinal wall into the bloodstream. Even though the human body can manufacture Vitamin D under ideal circumstances, there is strong evidence that much of the American population suffers from a deficiency of the nutrient. This means that supplementation may be important. Cholecalciferol (D3) is a natural, highly bioavailable form of Vitamin D derived from lanolin.[†]

Store in a cool dry place. Do not refrigerate. Please recycle.

**Do not use if safety seal under cap is broken or missing.
Keep out of 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.



VITAMIN D

5,000 IU

VITAMIN D3

*promotes calcium
absorption*

Helps maintain bone
density and strength[†]

100 softgels
dietary supplement

Supplement Facts

Serving Size: 1 Softgel

Servings Per Container: 100

	Amount Per Serving	%Daily Value
Vitamin D-3 (as cholecalciferol)	5,000 iu	1,250%

Other Ingredients: Softgel (gelatin, glycerin and water), virgin olive oil.

Contains No: Sugar, salt, yeast, wheat, starch, dairy, gluten, corn, soy, preservatives, artificial colors or flavors.

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MADE IN THE USA

GMP Compliant Manufacturing

Viva Vitamins™ fully guarantees the potency of this product through: