Directions: As a dietary supplement, take one softgel daily or as directed by a healthcare practitioner.

Bluebonnet's Vitamin D_3 400 IU Softgels contain pure vitamin D_3 (cholecalciferol) from molecularly distilled, deep sea, cold water, fish liver oil in a base of non-GMO safflower oil. Available in easy-to-swallow softgels for maximum assimilation and absorption.

Manufactured for
Bluebonnet Nutrition Corporation
12915 Dairy Ashford
Sugar Land, TX 77478 USA
www.bluebonnetnutrition.com

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MADE WITH NON GMO INGREDIENTS

Bluebonnet

Vitamin D_3 400 IU

From Fish Oil
Dietary Supplement
250 Softgels

GLUTEN FREE

Supplement Facts

Serving Size 1 Softgel

Amount Per Serving		% Daily Value
Vitamin D_3 (as 400 IU cholecalciferol from fish liver oil)	10 mcg	50

Daily Value based on a 2,000 calorie diet.

Other ingredients: Gelatin, safflower oil, glycerin, purified water.

Contains: Fish (cod)

Free of milk, egg, crustacean shellfish, tree nuts, peanuts, wheat and soybeans.

Also free of corn, yeast, gluten, barley, rice, sodium and sugar.