

WHAT AM I?

I'm an organic vitamin D supplement made from lichen: a natural symbiosis of algae and fungi! I come in tiny tablet-form so I'm easy to take and contain no fillers, additives or artificial coloring. I also contain organic sunflower lecithin to improve vitamin D absorption.

HOW CAN I HELP?

Vitamin D supports immune function* as well as calcium absorption* and retention* to build and maintain good bone health.* Human skin can create vitamin D when exposed to the sun - but when you don't get enough of it, I'll be your sun!

organic // non-GMO // vegan // gluten-free //
dairy-free // soy-free // sustainably farmed //
no artificial ingredients



sol food.

vegan vitamin d supplement

2,000 IU VITAMIN D3 FROM LICHEN
1 MONTH SUPPLY
30 ORGANIC TABLETS
WWW.ORA.ORGANIC



Suggested Use: Take 1 tablet daily.

SUPPLEMENT FACTS

Serving Size 1 Tablet

Amount Per Serving		% DV
Vitamin D3	50mcg (2000 IU) (Cholecalciferol from Lichen)	250%

Other Ingredients: Organic Tapioca Maltodextrin, Organic Tapioca Starch, Organic Sunflower Lecithin.

Made with Vitashine D3™

Contains NO dairy, gluten, soy, GMOs, tree nuts, added sugars, filler ingredients, nor artificial colors, flavors, sweeteners or preservatives.

Distributed by:
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Certified Organic by CCOF



*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.



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