

Vitamin D is required to promote calcium absorption, which helps to maintain healthy bones and teeth. Vitamin D also supports a healthy immune system. The Vitamin D3 in this product is the same form produced by the body when our skin is exposed to sunlight. As we age, our bodies may produce this important nutrient less efficiently. This formulation is offered in oil-based softgels to promote optimal absorption and assimilation.\*

Carefully Manufactured for:  
Solgar, Inc., 500 Willow Tree Road  
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**SOLGB29172 02D**



# VITAMIN D 3

(CHOLECALCIFEROL)

## 125 mcg (5000 IU)

MAINTAINS HEALTHY BONES & TEETH\*  
SUPPORTS A HEALTHY IMMUNE SYSTEM\*

Non-GMO  
GLUTEN, WHEAT & DAIRY FREE

100 SOFTGELS

DIETARY SUPPLEMENT

### Supplement Facts

Serving Size: 1 Softgel

| Amount Per Serving                                    | %DV  |
|-------------------------------------------------------|------|
| Vitamin D3 125 mcg (5,000 IU)<br>(as cholecalciferol) | 625% |

DV = Daily Value

Other Ingredients: Soybean Oil, Gelatin,  
Vegetable Glycerin, Corn Oil.

**FREE OF: Gluten, Wheat, Dairy,  
Yeast, Sugar, Sodium, Artificial  
Flavor, Sweetener, Preservatives  
and Color.**

**SUGGESTED USE:** As a dietary supplement for adults, take one (1) softgel daily, preferably with a meal, or as directed by a healthcare practitioner.

If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking any dietary supplement. Discontinue use and consult your healthcare practitioner if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if outer bottle seal is missing or damaged.

\*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.

