

**swanson.com**  
or call 1-800-437-4148

- Supports bone health, immune wellness and more
- Promotes calcium absorption in the body

Science-Backed Quality Since 1969

**Suggested use:** As a dietary supplement, take one capsule per day with food and water.

**WARNING:** For adults only. Consult your physician before using this or any product if you are pregnant or nursing, taking medication or have a medical condition. Keep out of reach of children.

Do not use if seal is broken. Store in a cool, dry place.

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.



# D3

VITAMIN D3

Bone and Immune Health

1,000 IU per capsule

HIGH POTENCY

VITAMIN SUPPLEMENT | 250 CAPSULES

## Supplement Facts

Serving Size 1 Capsule

| Amount Per Serving   |        | % Daily Value |
|----------------------|--------|---------------|
| Vitamin D-3          | 25 mcg | 125%          |
| (as cholecalciferol) |        |               |

Other ingredients: Rice flour, gelatin, modified food starch, sucrose, sodium ascorbate, medium-chain triglycerides, silica, dl-alpha tocopherol.

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