WARNING: Consult your healthcare professional prior to use if you have or suspect a medical condition or are taking prescription drugs. Do not use if you have or suspect liver, kidney, bone, blood vessel, heart or lung disease or a calcium disorder. Not for use by children or women who are pregnant or lactating. Side effects from too much Vitamin D may include persisting nausea, vomiting, poor appetite, weight loss, frequent urination, depression, headache, drowsiness, or pain. Doses of 10,000 IU/day of Vitamin D or higher should not be used continuously for more than 6 months, particularly during consistent sun exposure, unless recommended by a health care provider. Having your blood level of Vitamin D measured is the most accurate way to determine the appropriate daily dose to meet your body's needs.

STORE IN A COOL, DRY PLACE.
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.

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NATROL®

Vitamin D3

BONE & JOINT HEALTH

Essential for Bone Health†

Restores Low Vitamin D Levels†

10,000IU

MAXIMUM STRENGTH

60 TABLETS

DIETARY SUPPLEMENT

Directions: Take 1 tablet daily, 5 times a week, with a meal.

Supplement Facts

Serving Size: 1 Tablet
Servings Per Container: 60

Amount Per Serving		%DV
Vitamin D3 (as *Cholecalciferol*)	250 mcg (10,000 IU)	1,250%
Boron (from *Boron Citrate*)	3 mg	*

*Daily Value (DV) not established.

Other Ingredients: Dibasic Calcium Phosphate, Maltodextrin, Microcrystalline Cellulose, Stearic Acid, Silicon Dioxide, Cellulose Gum, Magnesium Stearate, Methylcellulose, Glycerin.

NO: Milk, Egg, Fish, Crustacean Shellfish, Tree Nuts, Peanuts, Wheat, Soybeans, Yeast, Artificial Colors or Flavors, Added Sugar or Preservatives

Manufactured by NATROL LLC
Chatsworth, CA 91311, USA
1-800-2-NATROL (800-262-8765)
www.natrol.com

LOT/EXP: