

Suggested Usage: Take 1 capsule daily with a meal.

Vitamin D-2, or ergocalciferol, is a vegetarian-based form of vitamin D that can help to maintain optimal levels of vitamin D in the body.* Vitamin D enhances the uptake of calcium from the diet, is critical for bone health, and supports the immune system.*

*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.

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

Natural color variation may occur in this product.

CAPSULE SIZE

CODE 0368 V5



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Vegetarian, Dry Vitamin D

1,000 IU - High Potency

Structural Support*

- Helps Maintain Strong Bones*
- Supports Immune System*

120 Veg Capsules

A Dietary Supplement Vegetarian/Vegan



Vitamins

Family owned since 1968.

Supplement Facts

Serving Size 1 Veg Capsule

	Amount Per Serving	% Daily Value
Vitamin D ₂ (as Ergocalciferol)	25 mcg (1,000 IU)	125%

Other ingredients: Rice Flour, Hypromellose (cellulose capsule), Magnesium Stearate (vegetable source) and Silica.

NOW FOODS, 395 S. Glen Ellyn Rd.
Bloomington, IL 60108, USA nowfoods.com

Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Store in a cool, dry place after opening.

