

Suggested Usage: Take 1/4 level teaspoon daily mixed in food or beverage with a fat-containing meal.

Vitamin D is normally obtained from the diet or produced by the skin from the ultraviolet energy of the sun. However, it is not abundant in food. As more people avoid sun exposure, vitamin D supplementation becomes even more necessary to ensure that your body receives an adequate supply. NOW® Vitamin D-3 Powder supplies this key vitamin along with calcium citrate to further support bone health.*

*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.

Do not eat freshness packet enclosed.

Natural color variation may occur in this product.

CODE 0383 V2



Vitamin D-3 Powder

Structural Support*

- Helps Maintain Strong Bones*
- With Calcium Citrate

NET WT. 4 OZ. (113 g)

A Dietary Supplement



Vitamins

Family owned since 1968.

Supplement Facts

Serving Size 1/4 Level Teaspoon (approx. 655 mg)
Servings Per Container about 173

	Amount Per Serving	% Daily Value
Vitamin D ₃ (as Cholecalciferol) (from Lanolin)	50 mcg (2000 IU)	250%
Calcium (from Calcium Citrate)	120 mg	9%

Other ingredients: None.

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

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

This product is sold by weight not volume.

Store in a cool, dry place after opening.

