

Light lemon taste inside each soft gel. May be chewed.

Supports Bone Health & Immune System Function*

Dietary Supplement

Carlson®

*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

Solar D Gems®

Vitamin D₃ & Omega-3

360 SOFT GELS: 4000 IU

1483 - 1a

Solar D Gems provides the natural form of vitamin D₃ for people who do not get enough from the sun. This is the only form our bodies make when our skin is exposed to the sun's rays. Vitamin D is important for bone health and immune system function.*

Supplement Facts

Serving Size 1 Soft Gel

	Amount Per Soft Gel	%DV
Calories	5	
Calories from Fat	5	
Total Fat	0.5 g	1% ☆
Vitamin D ₃ (cod liver oil & cholecalciferol)	4000 IU	1000%
Vitamin E Natural (d-alpha tocopherol)**	1 IU	3%
Norwegian Cod Liver Oil	500 mg	†
Total Omega-3's	115 mg	†
DHA (Docosahexaenoic Acid)	50 mg	†
EPA (Eicosapentaenoic Acid)	42 mg	†
Other Omega-3's	23 mg	†

☆ Percent Daily Values are based on 2000 calorie diet.

† Daily Value (DV) not established.

Other Ingredients: Natural lemon flavor. Soft Gel Shell: Beef gelatin, glycerin, sorbitol, water. Contains fish (cod). **Antioxidant to protect freshness.

Directions: Adults take one soft gel every other day, at mealtime. May be chewed.

PURITY GUARANTEED

This product is regularly tested (using AOAC international protocols) for freshness, potency and purity by an independent, FDA-registered laboratory and has been determined to be fresh, fully-potent and free of detrimental levels of mercury, cadmium, lead, PCB's and 28 other contaminants.

POTENCY & QUALITY GUARANTEED

Natural color. Preservative-free. Gluten-free.

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