

Vitamin D is a fat-soluble vitamin that helps maintain healthy bones by stimulating the absorption of calcium in the body. The body has the ability to make vitamin D naturally when exposed to sunlight. During the winter months, however, the body's vitamin D stores are low, increasing the risk of deficiency. Sunscreens can also block the body's ability to make vitamin D from sunlight. Vitamin D deficiency can contribute to accelerated bone loss and reduced calcium utilization. Recently, research shows higher intakes of vitamin D may support overall cellular health.[†]

Our Vitamin D3 5,000 IU provides a vegetarian source of this key nutrient as a scored tablet -- which means you can choose between a 5,000 IU dose or breaking the scored tablet in half to consume 2,500 IU.

**WE GUARANTEE OUR SUPPLEMENTS
FOR POTENCY AND PURITY**

To report a serious adverse event, call 1-888-710-0006

[†] 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.

VEGETARIAN VITAMIN D3 5,000 IU

Supports Bone Health[†]

Dietary Supplement

60 VEGETARIAN TABLETS



Supplement Facts

Serving Size 1 Tablet

Servings Per Container 60

Amount Per Serving

% Daily Value

Vitamin D3 (as cholecalciferol
from wool oil)

5,000 IU

1250%

Other Ingredients: Cellulose, modified cellulose gum, silicon dioxide, stearic acid (vegetable source), magnesium stearate (vegetable source).

SUGGESTED USE: Take one tablet daily with food; do not exceed two tablets per day unless directed by a physician.

CONTAINS NO artificial colors, flavors, or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, soy, crustacean shellfish or fish.

KEEP OUT OF REACH OF CHILDREN. VL 107B



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