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Suggested Usage: As a dietary supplement, adults take 1 tablet daily with a meal or as directed by your health professional.

Warning: If you are pregnant or nursing, or if you are taking prescription medications, consult your health professional before using this supplement.

Note: People consuming more than 50 mcg (2,000 IU) per day should have their vitamin D blood levels monitored by a health professional.

KEEP OUT OF THE REACH OF CHILDREN.

Store in a cool, dry place. Use only if safety seal is intact.



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Gluten-free, Non-GMO

This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Contents may not fill package in order to accommodate required labeling. Please rely on stated quantity.

Formula #200562 V2

Vitamin D

125 mcg (5,000 IU)

Dietary Supplement



100 Tablets

Supplement Facts

Serving Size 1 Tablet

Servings Per Container 100

	Amount Per Serving	%DV
Vitamin D ₃	125 mcg (5,000 IU)	625%
	(as cholecalciferol)	

%Daily Value (DV)

Other ingredients: Microcrystalline cellulose, calcium carbonate, croscarmellose sodium, stearic acid, coating (hypromellose, glycerin), silica and vegetable stearate

Manufactured by: Douglas Laboratories
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