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product info

Read the entire label and follow the directions carefully prior to use.

**DIRECTIONS:** Take one (1) softgel daily with food, or as recommended by a healthcare practitioner.

**CAUTION:** Individuals consuming more than 50 mcg (2,000 IU)/day of vitamin D (from diet and supplements) should periodically obtain a serum 25-hydroxy vitamin D measurement. Do not exceed 10,000 IU per day unless recommended by your doctor. Vitamin D supplementation is not recommended for individuals with high blood calcium levels.

**WARNINGS:**

- KEEP OUT OF REACH OF CHILDREN.
- DO NOT EXCEED RECOMMENDED DOSE.
- Do not purchase if outer seal is broken or damaged.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.



L01713J



# Vitamin D3

## 125 mcg (5000 IU)



Essential for Maintaining Healthy  
Bone Growth and Density\*

60 SOFTGELS | DIETARY  
SUPPLEMENT

## Supplement Facts

Serving Size 1 Softgel

Amount Per Serving	% Daily Value	
Vitamin D3 (as cholecalciferol)	125 mcg	625%

**Other ingredients:** extra virgin olive oil, gelatin, medium chain triglycerides, glycerin, purified water, rosemary extract.

Manufactured for:

**Quality Supplements and Vitamins, Inc.**  
Ft. Lauderdale, Florida 33309 • LifeExtension.com  
To report a serious adverse event or obtain product information, contact 1-866-280-2852.

\*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.

Store tightly closed in a cool, dry place.