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product info

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

DIRECTIONS: Take one (1) capsule 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.
If you have a thyroid condition or are taking
antithyroid medications, do not use without
consulting your healthcare practitioner.

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.



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**LIFE
EXTENSION®**

Vitamin D3
125 mcg (5000 IU)
with Sea-Iodine™



GLUTEN FREE



DAILY



NON
GMO
LE CERTIFIED

Iodine with Sea Plant Complex

60 CAPSULES | **DIETARY
SUPPLEMENT**

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving % Daily Value

Vitamin D 125 mcg 625%
(as cholecalciferol)

Iodine 1,000 mcg 667%
[from Sea-Iodine™
Complex Blend (organic kelp
and bladderwrack extracts,
potassium iodide)]

Other ingredients: microcrystalline cellulose,
vegetable cellulose (capsule), maltodextrin,
modified food starch, silica, stearic acid.

Manufactured for:
Quality Supplements and Vitamins, Inc.
Ft. Lauderdale, FL 33309
LifeExtension.com

To report a serious adverse event or
obtain product information, contact
1-866-280-2852.

Store tightly closed in a cool, dry place.