

Directions: As a dietary supplement, adults take one (1) tablet daily, preferably with a meal, or as directed by your health care professional.

Vitamin D is an essential nutrient involved in the maintenance of bone density and strength. Vitamin D is essential for moving calcium through the intestinal wall into the bloodstream. There is strong evidence that points to deficiencies of Vitamin D in the American population, even though the body can manufacture Vitamin D under ideal circumstances. These dry tablets are water dispersible for great absorption.†

Store in a cool, dry place and away from direct light.

KEEP OUT OF THE REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL UNDER CAP IS BROKEN OR MISSING.



†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.



VITAMIN D



1000 IU Vitamin D3

Helps maintain bone density and strength†

We always use the freshest food-derived ingredients

premium formulas • 120 tablets • dietary supplement

Supplement Facts

Serving Size: 1 Tablet

Servings per container: 120

	Amount Per Serving	% DV**
Vitamin D-3 (as cholecalciferol)	1000 IU	250%

*Daily Value not established. **% DV based on a 2,000 calorie diet.

Other Ingredients: Dicalcium phosphate, cellulose, vegetable magnesium stearate, croscarmellose, cellulose coating.

Contains No: Gluten, sugar, salt, starch, soy, yeast, wheat, lactose, milk, citrus, egg, artificial coloring, flavoring, or preservatives.

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Manufactured in an NSF - GMP Certified Facility

Best if used by: