



■ Use daily to help raise Vitamin D levels if deficient

**SUGGESTED USE:** This is a high dose vitamin D product for those with higher vitamin D needs and/or deficiency, as determined by a healthcare professional. Consult with your healthcare professional before use. Take one softgel daily with a meal. For easier swallowing, take with water before and during ingestion.

Store tightly closed, in a cool, dry place, out of reach of children.

**Do not use if imprinted seal under cap is broken or missing.**

- ✓ No Color Added
- ✓ No Artificial Flavors
- ✓ Gluten Free

## Supplement Facts

Serving Size 1 Softgel

| Amount Per Softgel   | % Daily Value |
|--|---------------|
| Vitamin D <sub>3</sub> (as Cholecalciferol)<br>125 mcg (5000 IU) | 625%          |

### OTHER INGREDIENTS:

Soybean Oil, Gelatin, Glycerin, Water, Corn Oil.

### DISTRIBUTED BY:

**Nature Made Nutritional Products**

West Hills, CA 91309-9903, USA

**1-800-276-2878 • [www.NatureMade.com](http://www.NatureMade.com)**

**CAUTION:** Use only as directed by your healthcare professional. Do not exceed one softgel daily or take with other supplements containing vitamin D, such as multivitamins with vitamin D. Do not take if you are pregnant, nursing or have kidney disease, hypercalcemia (high blood calcium), or may have sensitivity to hypercalcemia (such as cancer, hyperparathyroidism, sarcoidosis or other granulomatous disorders) unless recommended by a healthcare professional.

USP has tested and verified ingredients, potency and manufacturing process.

USP sets official standards for dietary supplements. [www.uspverified.org](http://www.uspverified.org)

★ Based on Pharmacy Times Survey of pharmacists recommending Letter Vitamin Supplements.

Lot:  
Exp.: