

Vitamin D is required to promote calcium absorption, which helps to maintain healthy bones and teeth. Vitamin D also supports a healthy immune system. The Vitamin D3 in this product is the same form produced by the body when our skin is exposed to sunlight. As we age, our bodies may produce this important nutrient less efficiently. This formulation provides premium Vitamin D3 in convenient, easy to swallow vegetable capsules.*

*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.

Carefully Manufactured by:
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SOLGAR®
Since 1947

VITAMIN D 3

(CHOLECALCIFEROL)

125 mcg (5000 IU)

MAINTAINS HEALTHY BONES & TEETH*
SUPPORTS A HEALTHY IMMUNE SYSTEM*



Non-GMO
GLUTEN, WHEAT & DAIRY FREE



240 VEGETABLE CAPSULES

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 Vegetable Capsule

Amount Per Serving	%DV
Vitamin D3 125 mcg (5000 IU) (as cholecalciferol)	625%

DV = Daily Value

Other Ingredients: Microcrystalline Cellulose, Vegetable Cellulose, Vegetable Magnesium Stearate.

FREE OF: Gluten, Wheat, Dairy, Soy, Yeast, Sugar, Sodium, Artificial Flavor, Sweetener, Preservatives and Color.

SUGGESTED USE: As a dietary supplement for adults, take one (1) vegetable capsule daily, preferably with a meal or as directed by a healthcare practitioner.

If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking any dietary supplement. Discontinue use and consult your healthcare practitioner if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if outer bottle seal is missing or damaged.

Solgar's KOF-K certification #K-1250

