

Suggested Use: For adults, take 1 softgel every other day with a meal or as directed by your qualified healthcare professional.

NOTE: Individuals consuming more than 2,000 IU/day of vitamin D should periodically obtain a serum 25-hydroxy vitamin D measurement. If you have a medical condition (especially kidney stones or dysfunction, hyperparathyroidism, hypercalcemia, lymphoma, or sarcoidosis), are pregnant, lactating, trying to conceive, under the age of 18, or taking medications, consult your healthcare professional before using this product.

Jarrow Formulas® Vitamin D₃ provides cholecalciferol, which is more biologically active than ergocalciferol (D₂). Vitamin D₃ is ultimately converted to its hormonally-active form, calcitriol, in the kidneys. Calcitriol enhances dietary calcium and phosphorous absorption, stimulates the synthesis of osteocalcin (an important structural protein in bone), and supports a healthy immune response.*

Keep out of the reach of children.

* 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.

↑ APPROX.
FILL LINE ↓

Jarrow
F O R M U L A S

Cholecalciferol

Vitamin In Extra Virgin
Olive Oil
D3 **5000 IU**

Supports: Calcium and Bone Metabolism*
Immune Function*

125mcg
(5,000 IU)

100
SOFTGELS

**DIETARY
SUPPLEMENT**

Supplement Facts

Serving Size 1 Softgel
Servings Per Container 100

	Amount Per Serving	% DV
Vitamin D (as D ₃ Cholecalciferol)	125 mcg (5,000 IU)	630%

Other Ingredients: Extra virgin olive oil; softgel consists of bovine gelatin (BSE-free), glycerin and purified water. No wheat, gluten, soybeans, dairy, egg, fish/shellfish, or peanuts/tree nuts.

Store in a cool, dry place.

Distributed Exclusively by:

Jarrow FORMULAS®
Superior Nutrition and FormulationSM
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Lot #. Best Used Before:

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