

SUGGESTED USE Consume one or more capsules daily or as recommended by your physician. For best results, take this product with food containing a small amount of fat or oil. As with any dietary supplement, this product is most effective as part of a healthy diet and active lifestyle, along with a daily multi-vitamin-mineral formula. **For questions about the use of this product call 800.332.7799.**



www.HSN.com
800.944.9999



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PROMOTES OPTIMUM CALCIUM ABSORPTION

VITAMIN D₃ 5000™

5,000 IU VITAMIN D₃ (CHOLECALCIFEROL)
80 MG CALCIUM · 40 MG MAGNESIUM



DIETARY SUPPLEMENT



360 Easy-to-Swallow Capsules

Andrew Lessman's VITAMIN D₃ 5000 contains 5,000 IU of Vitamin D₃ in its most active and beneficial form – Cholecalciferol. Overwhelming scientific research has validated Vitamin D₃ as the single most important vitamin to supplement. We also combine our Vitamin D with Calcium and Magnesium, because of their shared role in bone health. In fact, Calcium cannot be absorbed without adequate Vitamin D, thus making Vitamin D just as important as Calcium for bone health. That should be enough to encourage everyone to consume extra Vitamin D, but it is Vitamin D's other exciting benefits that are making headlines and have experts urgently seeking to raise the recommended intake of Vitamin D. The body can only produce small amounts of Vitamin D when exposed to sunlight (UV radiation), but reduced sun exposure and increased use of sunscreens, as well as the normal aging process, makes our own internal production of Vitamin D extremely limited and unreliable. Moreover, Vitamin D is not readily available in food – only present in small amounts in some fish and eggs. As a result, for over 40 years, **ProCaps** has always provided extra Vitamin D in all of our multivitamins and Calcium products. An enormous amount of recent research has confirmed the wisdom and necessity of consuming extra Vitamin D, and with our **Vitamin D₃ 5000** you receive the benefits of the most active form of Vitamin D, plus a bonus of essential Calcium and Magnesium.

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.

CONTAINS NO ADDITIVES OR COMMON ALLERGENS OF ANY KIND.

Supplement Facts

Serving Size 1 Capsule	Servings Per Container 360	
Amount Per Serving		%DV*
Vitamin D ₃ (as cholecalciferol)	125 mcg (5,000 IU)	625%
Calcium (as calcium carbonate)	80 mg	6%
Magnesium (as magnesium oxide)	40 mg	10%

* Percent Daily Values (%DV) are based on a 2,000 calorie diet.

Other Ingredients: Gelatin capsule and Vitamin C (as ascorbyl palmitate).