

PLAN D features 5,000 IU of vitamin D₃ in easy-to-swallow softgels. This bioavailable form of vitamin D is solubilized in oil to support absorption in the intestinal tract.

Directions: Take one softgel daily or as directed by your healthcare practitioner. Do not exceed recommended dosage unless directed by your healthcare practitioner. This product is non-GMO and gluten-free.

Caution: If pregnant or nursing, or taking other nutritional supplements or medication, consult your healthcare practitioner before use. This product contains vitamin D at a level that exceeds the adult tolerable upper intake level, the maximum daily intake unlikely to result in adverse effects in the most sensitive individuals.* Keep out of the reach of children.

*Level established by the Institute of Medicine of the U.S. National Academy of Sciences.

Notice: It is highly recommended that serum 25(OH)- and 1,25(OH)₂-vitamin D be monitored every 60-90 days while consuming this product to ensure that levels remain in an acceptable range.



PLAN D

Dietary
Supplement

Formulated for
Sara Gottfried, M.D.

HIGH POTENCY,
BIOAVAILABLE VITAMIN D



reset³⁶⁰

120
SOFTGELS

Supplement Facts

Serving Size 1 Softgel

Servings Per Container 120

Amount Per Serving		% Daily Value
Vitamin D	5,000 IU	1,250%
(as cholecalciferol)		

Other Ingredients: Safflower oil, gelatin, glycerin, and water.

DISTRIBUTED BY: GOTTFRIED INSTITUTE
1480C MORAGA RD. #366
MORAGA, CA 94556

To report adverse events call 866-649-4334.

This product is produced in a facility that produces products containing soy, fish, and crustacean shellfish.