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Rev 8: 07/10
Lot#: _____
Best Before: _____
Manufactured by MegaFood
An FDA Registered Facility, GMP Compliant, PO Box 325, Derry, NH 03038
For more information visit www.megafood.com OR CALL 800-848-2542



MegaFood™

100% WHOLE FOOD



Pure
Bioactive Form
Fish Oil Free

VITAMIN D-3 1000 IU

VEGETARIAN
DIETARY SUPPLEMENT

60
TABLETS

Supplement Facts

Serving Size 1 Tablet

Servings per Container 60

Amount per Serving		% DV ▼
100% Whole Food Nutrients†		
Vitamin D3	(20 mg <i>S. cerevisiae</i> *)	1000 IU 250
Immune Health Blend		253 mg **
<i>S. cerevisiae</i> (source of naturally occurring beta glucans & glutathione), Organic Broccoli (natural source of sulforaphane)		
Nourishing Whole Food Blend		77 mg **
Organic Parsley, Organic Carrot, Organic Beet Root, Organic Rice Bran		

** % Daily Value (DV) not established

Other Ingredients: Plant Cellulose, Vegetable Lubricant.

Suggested Use: 1 tablet daily. May be taken anytime throughout the day, even on an empty stomach.

† 100% whole food vitamin D3 is delivered in our proprietary FoodState® concentrate of *Saccharomyces cerevisiae*. *S. cerevisiae*, a non-candida yeast, is one of nature's most nutrient-rich foods, with an array of health-promoting benefits. Vitamin D3 has better bioavailability when delivered in whole food.*

* This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

MegaFood has made the highest quality whole food supplements since 1973.

Vitamin D3 1000 IU

There is a growing body of evidence that many adults and the elderly are deficient in Vitamin D3. For individuals who do not receive adequate sun exposure, supplementing with a minimum of 1000 IU per day is often recommended. Best known for its role in building and maintaining strong bones, vitamin D3 also promotes the health of the immune system, your sense of well-being and overall good health.* MegaFood provides 100% whole food vitamin D3, the most bioactive and bioavailable form of this essential nutrient.*

MegaFood Vitamin D3 is made only from wholesome, all natural ingredients, certified organic herbs and with no preservatives.

Whole food nutrients are readily recognized and better utilized by the body; therefore you can take lower potencies with better results. *Less is more with food.*



MegaFood.

Our Name is Our Promise™

Easy-to-digest and full of vital nourishment,
you will LOVE the MegaFood
Difference - Satisfaction Guaranteed.

Tested to be FREE of:
Gluten, Dairy, Soy, Pesticides and Herbicides
Does Not Contain Corn or Wheat