



# Vitamin-D 5000 IU

HELPS MAINTAIN STRONG  
HEALTHY BONES & SUPPORTS  
IMMUNE HEALTH\*

30 VEGI-CAPS | 30 SERVINGS

DIETARY  
SUPPLEMENT

## Supplement Facts

Serving Size: 1 Capsule

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

**Other Ingredients:** microcrystalline cellulose, HPMC (vegetable capsule)

Formulated & Distributed By  
Pure Essence Laboratories, Inc.,  
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[PureEssenceLabs.com](http://PureEssenceLabs.com)  
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While studies show that 2,000 IU - 10,000 IU of vitamin D per day may be needed for optimal health, most Americans get less than 400 IU. Vitamin D supports:

- ✓ Healthy Bones & Brain Function\*
- ✓ Immune & Cardiovascular System\*
- ✓ Healthy Blood Sugar Levels
- ✓ Breast & Prostate Health\*

Vitamin D also helps the body absorb calcium and deposit it into the bones.

\* 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.

**Does NOT Contain:**  
wheat, milk, tree nuts,  
peanuts, soy, eggs, fish,  
shellfish



Please Recycle



**Suggested Use:** One capsule per day, with meals.

**Storage:** Keep closed in a cool, dry place.

**Caution:** Keep all supplements out of children's reach. People diagnosed with sarcoidosis should consult their physician when taking any vitamin D supplement that contains more than 2000 IU.

EXPIRATION & LOT #

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