

Read the entire label and follow the directions carefully prior to use.

**DIRECTIONS:** Take one (1) capsule daily with a fat containing, low fiber meal, or as recommended by a healthcare practitioner.

**CAUTION:** Individuals consuming more than 2,000 IU/day of vitamin D (from diet and supplements) should periodically obtain a serum 25-hydroxy vitamin D measurement. Toxicity is very unlikely in healthy individuals at a dose of less than 10,000 IU. Vitamin D supplementation is contraindicated in individuals with hypercalcemia (high blood calcium levels). People with kidney disease, certain medical conditions (such as hyperparathyroidism or sarcoidosis), and those who use cardiac glycosides (digoxin) or thiazide diuretics should consult a physician before using supplemental vitamin D.

**WARNINGS:**

- KEEP OUT OF REACH OF CHILDREN.
- DO NOT EXCEED RECOMMENDED DOSE.
- Do not purchase if outer seal is broken or damaged.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

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.

For optimal potency  
use by:

Lot No.:



# LifeExtension®

For Longer Life®

## VITAMIN D3

Special Purpose Formula



5,000 IU

High Potency  
Vitamin D

Dietary Supplement  
60 Capsules

00713C Rev. 11/08

### Supplement Facts

Serving Size 1 Capsule

Amount Per Serving		% Daily Value
Vitamin D3 (as cholecalciferol)	5000 IU	1,250%

**Other ingredients:** rice flour, gelatin, magnesium stearate, silica.

*Contains rice.*

*This product contains NO milk, egg, fish, peanuts, crustacean shellfish (lobster, crab, shrimp), soybeans, tree nuts, wheat, yeast, gluten, or corn. Contains NO artificial sweeteners, flavors, colors, or preservatives.*

Store tightly closed in a cool, dry place.

Manufactured for:  
**Quality Supplements and Vitamins, Inc.**  
Ft. Lauderdale, Florida 33309  
email: [info@lifeextension.com](mailto:info@lifeextension.com)  
website: <http://www.lef.org>  
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