

What am I?

I'm an organic vitamin D supplement made from lichen: a natural symbiosis of algae and fungi! I come in tiny tablet-form so I'm easy to take and contain no fillers, additives or artificial coloring. I also contain organic sunflower lecithin to improve vitamin D absorption.

How can I help?

Vitamin D supports immune function[†] as well as calcium absorption[†] and retention[†] to build and maintain good bone health.[†] Human skin can create vitamin D when exposed to the sun - but when you don't get enough of it, I'll be your sun!



Sol food

Plant-based Vitamin D3 Tablets

2,000 IU from Lichen
30 Tablets

DIETARY SUPPLEMENT



Suggested Use: Take 1 tablet daily.

SUPPLEMENT FACTS

Servings Per Container: 30

Serving Size: 1 Tablet

	Amount Per Serving	% DV*
Vitamin D3 (Cholecalciferol from Lichen)	50mcg (2000 IU)	250%

* The Percent Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Other Ingredients: Organic Tapioca Maltodextrin, Organic Tapioca Starch, Organic Sunflower Lecithin. Made with Vitashine D3™

Contains NO dairy, gluten, soy, GMOs, tree nuts, added sugars, filler ingredients, or artificial colors, flavors, sweeteners or preservatives.

Storage: Store in a cool, dry place.

Distributed by:

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† 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.