

Suggested Use: For adults, take 1 softgel daily or every other day with a fat-containing meal or as directed by your qualified healthcare professional.

NOTE: Individuals consuming more than 2,000 IU/day of vitamin D should periodically obtain a serum 25-hydroxy vitamin D measurement. Consult a healthcare professional before using this product if you are trying to conceive, pregnant, or lactating, under the age of 18, or have a medical condition (especially kidney stones or dysfunction, hyperparathyroidism, hypercalcemia, lymphoma, or sarcoidosis); if adverse reactions occur, discontinue use.

Jarrow Formulas® Vitamin D₃ provides cholecalciferol, which is the form produced by the (human) skin in response to UVB exposure (sunlight) and may also improve vitamin D status better than equivalent amounts of ergocalciferol (D₂).* Vitamin D₃ is ultimately converted to its hormonally-active form, calcitriol, in the body as needed. Calcitriol enhances dietary calcium and phosphorous absorption, supports the production of osteocalcin (an important structural protein in bone), and supports a healthy immune response.*

Keep out of the reach of children.

*** 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.**

Lot #. Best Used Before:

Jarrow
F O R M U L A S

Cholecalciferol
Vitamin In Extra Virgin
Olive Oil

D3 62.5 MCG
2500 IU

**Supports Calcium Metabolism*,
Bone Health* and Immune Function***

100 SOFTGELS

**DIETARY
SUPPLEMENT**

Supplement Facts

Serving Size 1 Softgel

	Amount Per Serving	% DV
Vitamin D (as D ₃ Cholecalciferol)	62.5 mcg (2,500 IU)	313%

Other Ingredients: Extra virgin olive oil and softgel (bovine gelatin, glycerin, purified water).

Distributed Exclusively by **Jarrow Formulas®**
Los Angeles, CA 90035-4317
1-866-459-4154 • www.Jarrow.com

Store in a cool, dry place.

02221D2500 PROD # 129042



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↑ APPROX.
FILL LINE ↓