



D₃ 5000™ features 5000 IU of vitamin D₃ in easy-to-swallow softgels. This bioavailable form of vitamin D is solubilized in oil to support absorption in the intestinal tract.

DIRECTIONS: Take one softgel daily or as directed by your healthcare practitioner. Do not exceed recommended dosage unless directed by your healthcare practitioner.

CAUTION: If pregnant or nursing, taking other nutritional supplements or medication, consult your healthcare practitioner before use. This product contains vitamin D at a level that exceeds the adult tolerable upper intake level, the maximum daily intake unlikely to result in adverse effects in the most sensitive individuals*. Keep out of the reach of children.

*Level established by the Institute of Medicine of the U.S. National Academy of Sciences.

NOTICE: It is highly recommended that serum 25(OH)- and 1,25(OH)₂-vitamin D be monitored every 60-90 days while consuming this product to ensure that levels remain in an acceptable range.



Metagenics

Genetic Potential Through Nutrition

D₃ 5000™

High Potency, Bioavailable
Vitamin D

Dietary Supplement
120 SOFTGELS

Supplement Facts

Serving Size 1 Softgel
Servings Per Container 120

Amount Per Serving		% Daily Value
Vitamin D ₃	5000 IU.....	1250%
(as cholecalciferol)		

Other Ingredients: Highly refined soybean oil, gelatin, glycerin, and water.

Distributed by: **METAGENICS, INC.**
Makers of Professional Quality Supplements
100 Ave. La Pata, San Clemente, CA 92673
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This product is produced in a facility that produces products containing soy, fish, and crustacean shellfish.