



Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	% Daily Value	
Vitamin D ₂ (as ergocalciferol from cultured yeast)	50 mcg	250%

OTHER INGREDIENTS: MICROCRYSTALLINE CELLULOSE, VEGETABLE CAPSULE (HYDROXYPROPYL METHYLCELLULOSE), ORGANIC RICE HULL CONCENTRATE, MAGNESIUM STEARATE, SILICON DIOXIDE.

DISTRIBUTED BY:

AMAZON.COM SERVICES, INC.
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PRODUCT OF: ESTONIA.

BLENDED AND PACKAGED IN U.S.A.

CAUTION: AS WITH ANY DIETARY SUPPLEMENT, CONSULT YOUR HEALTHCARE PRACTITIONER BEFORE USING THIS PRODUCT, ESPECIALLY IF YOU ARE PREGNANT, NURSING, ANTICIPATE SURGERY, TAKE MEDICATION ON A REGULAR BASIS OR ARE OTHERWISE UNDER MEDICAL SUPERVISION.

**KEEP OUT OF REACH OF CHILDREN.
FOR ADULT USE ONLY.**

DO NOT USE IF SEAL IS BROKEN OR MISSING.

STORE IN A COOL, DRY PLACE.

SUGGESTED USE:
TAKE 1 CAPSULE DAILY.