

Suggested Usage: Take 1 softgel every 2 days with a fat-containing meal, or as directed by your healthcare practitioner.

Vitamin D softgels supply this key vitamin in a highly absorbable liquid softgel form. Vitamin D is normally obtained from the diet or produced by the skin from the ultraviolet energy of the sun. However, it is not abundant in food. As more people avoid sun exposure, Vitamin D supplementation becomes even more necessary to ensure that your body receives an adequate supply.*

*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.



Distributed by:
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VITAMIN D-3

5,000 IU



- In an Extra Virgin Olive Oil Base
- Active Ingredient D-3 Cholecalciferol from Lanolin



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SOFTGELS

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 Softgel Servings per Container: 30

	Amount per Serving	% Daily Value
Vitamin D-3 (as Cholecalciferol) (from Lanolin)	125 mcg (5,000IU)	625%

Other Ingredients: Extra Virgin Olive Oil and Softgel Capsule (gelatin, glycerin, water).

Not manufactured with yeast, wheat, gluten, soy, milk, egg, fish, or shellfish ingredients. Produced in a GMP facility that processes other ingredients containing these allergens. Store in a cool, dry place after opening. Please Recycle.

Caution: For adults only. Do not exceed the recommended dose. Consult physician if pregnant/nursing, taking medication (especially topical psoriasis medications or thiazide diuretics), or have a medical condition (especially hypercalcemia, kidney disease, or hyperparathyroidism). Keep out of reach of children.

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