

**Directions:** As a dietary supplement, take one capsule daily or as directed by a healthcare practitioner.

**Bluebonnet's Vitamin D<sub>3</sub> 400 IU Capsules** contain pure vitamin D<sub>3</sub> (cholecalciferol) from lanolin. Available in easy-to-swallow vegetable capsules for maximum assimilation and absorption.

**Caution:** For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

Manufactured by  
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# Bluebonnet



# Vitamin D<sub>3</sub> 400 IU

Natural Lanolin Source  
Dietary Supplement



**180 Vegetable Capsules**



## Supplement Facts

Serving Size 1 Capsule

Amount Per Serving		% Daily Value
Vitamin D <sub>3</sub>	10 mcg	50
(as 400 IU cholecalciferol from lanolin)		

Daily Value based on a 2,000 calorie diet.

Other ingredients: Kosher vegetable capsules, vegetable cellulose, vegetable magnesium stearate.

**Free** of milk, egg, fish, crustacean shellfish, tree nuts, peanuts, wheat and soybeans.

Also free of yeast, gluten, barley, rice, sodium and sugar.

Bluebonnet's KOF-K Certification #K-0000700