

Suggested Use: For adults, take 1 softgel every other day with a 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. If you have a medical condition (especially kidney stones or dysfunction, hyperparathyroidism, hypercalcemia, lymphoma, or sarcoidosis), are pregnant, lactating, trying to conceive, under the age of 18, or taking medications, consult your healthcare professional before using this product.

Jarrow Formulas® Vitamin D₃ provides cholecalciferol, the most bioavailable form of vitamin D. Vitamin D₃ is converted by the kidneys into the hormone calcitriol, the active form of vitamin D₃. Vitamin D₃ enhances calcium and phosphorous absorption, stimulates the synthesis 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.

Jarrow
F O R M U L A S

Cholecalciferol

Vitamin In Extra Virgin
Olive Oil
D₃ 2500 IU

**Supports: Calcium and Bone Metabolism*
Immune Function***

2500
IU

100
SOFTGELS

**DIETARY
SUPPLEMENT**

Supplement Facts

Serving Size 1 Softgel

Servings Per Container 100

	Amount Per Serving	% DV
Vitamin D ₃ (cholecalciferol)	2500 IU	625%

Other Ingredient: Extra virgin olive oil. Softgel consists of gelatin, glycerin and water.

No wheat, no gluten, no soybeans, no dairy, no egg, no fish/shellfish, no peanuts/tree nuts.

100 IU of Vitamin D is equal to 2.5 micrograms of cholecalciferol. Each softgel contains 62.5 mcg of cholecalciferol.

08413D2500 PROD # 129042

Distributed Exclusively by:
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Lot #: Best Used Before:

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