

Suggested Use: For adults, take 1 softgel per day with a meal or as directed by your qualified healthcare professional.

NOTE: 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.

Lot #. Best Used Before:

Jarrow
F O R M U L A S

Cholecalciferol

Vitamin In Extra Virgin
Olive Oil
D₃ 1000 IU

Supports: Calcium and Bone Metabolism*
Immune Function*

1000
IU

200
SOFTGELS

**DIETARY
SUPPLEMENT**

Supplement Facts

Serving Size 1 Softgel

Servings Per Container 200

	Amount Per Serving	% DV
Vitamin D ₃ (cholecalciferol)	1000 IU	250%

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 25 mcg of cholecalciferol.

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