

Directions: As a dietary supplement for adults, take one (1) softgel daily, preferably with a meal, or as directed by a physician.

Healthy Origins® Vitamin D3 5,000 IU is a key nutrient manufactured in a highly absorbable softgel. Vitamin D3 can be synthesized in the body from sunlight, but only a small amount can be obtained from food. The winter season and many sunblock products inhibit the body's ability to produce optimal levels of Vitamin D. As a result, Vitamin D3 supplementation becomes even more necessary to ensure your body receives an adequate supply.*

Caution: Consult a physician before use if you are pregnant, nursing, taking medication or have a medical condition. When taking this product, it is recommended that you have your Vitamin D levels monitored by a health care professional.

*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.



Healthy Origins®

— SINCE 1996 —

NEW LOOK

VITAMIN D3 5,000 IU

Supports bone health
and immune function*

NON
GMO

3rd
PARTY
TESTED

125 MCG • 360 SOFTGELS DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 Softgel

Servings per Container: 360

	Amount per Serving	% Daily Value
Vitamin D3 (as Cholecalciferol from lanolin)	125 mcg (5,000 IU)	625%

Percent Daily Values (DV) are based on a 2,000 calorie diet.

Other Ingredients: Cold-Pressed Olive Oil, Kosher Gelatin, Glycerin (Vegetarian), Purified Water.

Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish, peanut or tree nut derived ingredients. No preservatives, artificial colors or artificial flavors.

Manufactured in a cGMP facility.

Store in a cool, dry place.

KEEP OUT OF REACH OF CHILDREN

Distributed by: Healthy Origins®
Pittsburgh, PA 15241, USA | 1-888-228-6650