

**SUGGESTED USE:** Adults take 1 softgel once a day with a fat-containing meal or as directed by your qualified healthcare professional.

**Jarrow Formulas® Vitamin D<sub>3</sub>** (cholecalciferol) may help improve vitamin D status better than equivalent amounts of ergocalciferol (D<sub>2</sub>).\* D<sub>3</sub> is also the form produced by skin with UVB exposure (sunlight). Vitamin D<sub>3</sub> is converted to its hormonally-active form, calcitriol, in the body as needed. Calcitriol enhances dietary calcium and phosphorous absorption, supports the production of osteocalcin (an important structural protein in bone), and supports a healthy immune response.\*

**WARNING:** Consult a health care professional before using this product if you are pregnant, nursing, under the age of 18, are taking medication or have a medical condition (especially liver, kidney stones or dysfunction, bone & heart disease, hyperparathyroidism, hypercalcemia, lymphoma, or sarcoidosis). Do not exceed suggested use or take with other Vitamin D supplements. If adverse reactions occur, discontinue use.

**KEEP OUT OF THE REACH OF CHILDREN.**  
**STORE IN A COOL, DRY PLACE.**

**\* 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.**

Do not use if safety seal is damaged or missing.  
Lot #. Best Used Before:

**Jarrow**  
**FORMULAS®**

# Vitamin D<sub>3</sub>

**EXTRA STRENGTH**

**25 MCG**  
1000 IU

Supports calcium metabolism  
and bone health\*

 **gluten free**

**100** SOFTGELS  
DIETARY SUPPLEMENT



## Supplement Facts

Serving Size 1 Softgel

|  | Amount Per Serving | % Daily Value |
|--|--------------------|---------------|
| Vitamin D <sub>3</sub><br>(as Cholecalciferol) | 25 mcg (1,000 IU)  | 125%          |

Other Ingredients: Olive oil and softgel (bovine gelatin, glycerin, water).

Distributed by Jarrow Formulas, Inc.  
Sherman Oaks, CA 91403, USA  
1-866-459-4154 [www.Jarrow.com](http://www.Jarrow.com)

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



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↑ APPROX.  
↓ FILL LINE