

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 D₃ (cholecalciferol) may help improve vitamin D status better than equivalent amounts of ergocalciferol (D₂).* D₃ is also the form produced by skin with UVB exposure (sunlight). Vitamin D₃ 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 D₃

EXTRA STRENGTH

**25 MCG
1000 IU**

Supports calcium metabolism
and bone health*

 **gluten free**

200 SOFTGELS
DIETARY SUPPLEMENT



Supplement Facts

Serving Size 1 Softgel

	Amount Per Serving	% Daily Value
Vitamin D ₃ (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

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



10323SD1000 PROD # 130004



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APPROX.
FILL LINE