

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, which enhances dietary calcium and phosphorous absorption, supports the production of osteocalcin (a structural protein in bone), and stimulates the vitamin D receptor in innate immune cells to support a healthy immune response.*

WARNING: Use only as directed by your healthcare professional. 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 the suggested use or take with other Vitamin D supplements. This product is designed for short-term use by those with higher Vitamin D needs and/or deficiency, as determined by a healthcare professional. Side effects from too much Vitamin D include persisting nausea, dizziness, vomiting, drowsiness, and pain. 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.**

Lot #. Best Used Before:

**Jarrow
FORMULAS®**

Vitamin D₃

MAXIMUM STRENGTH

**125 MCG
5000 IU**

Supports a healthy
immune response*

 **gluten free**

100 SOFTGELS
DIETARY SUPPLEMENT



Supplement Facts

Serving Size 1 Softgel

Amount Per Serving % Daily Value

Vitamin D ₃	125 mcg (5,000 IU)	625%
(as Cholecalciferol)		

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.



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↑ APPROX.
↓ FILL LINE

Do not use if safety seal is damaged or missing.