

SUGGESTED USE:

As a dietary supplement take one (1) veggie capsule once a day. For best results take 20-30 min before a meal or as directed by your healthcare professional.

CAUTION:

Do not exceed recommended dose. Pregnant or nursing mothers, children under the age of 18, and individuals with a known medical condition should consult a physician before using this or any dietary supplement.

KEEP OUT OF REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING. 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.



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SUPPLEMENTS

VEGAN-FRIENDLY VITAMIN D3 FROM WILD-HARVESTED LICHEN



DIETARY SUPPLEMENT

**5000 IU
PER SERVING**

60 CAPSULES



Supplement Facts

Serving Size: 1 Veggie Capsule
Serving Per Container: 60

	Amount Per Serving	% DV
Vitamin D3 (as cholecalciferol from lichen)	125mcg (5000 IU)	625%

** % Daily Value not established

Inactive Ingredients: Cellulose (Vegetable Capsule), Rice Flour

NO SOY, DAIRY OR EGG INGREDIENTS

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V1R4

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