

Getting enough Magnesium daily assists in converting Vitamin D to its active form, which is important for supporting immune health.\*

**WARNING:** If you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.



\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

**TO REORDER ITEM # 26215**  
[www.puritan.com](http://www.puritan.com)  
1-800-645-1030

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COATED  
TABLETS

DIETARY SUPPLEMENT

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Puritan's Pride

# VITAMIN D3 WITH MAGNESIUM

*Magnesium  
Helps Activate D3*

**DIRECTIONS:** For adults, take one (1) tablet daily, preferably with a meal.

## Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	% Daily Value
Vitamin D (as D3 Cholecalciferol)	157.5 mcg (6,300 IU) 788%
Magnesium (as Magnesium Citrate)	100 mg 24%

Other Ingredients: Vegetable Cellulose. Contains <2% of Dicalcium Phosphate, Silica, Vegetable Glycerin, Vegetable Stearic Acid.

This product contains 157.5 mcg of Vitamin D, which is equivalent to 6,300 IU.

No Artificial Color, Flavor or Sweetener, No Sugar, No Milk, No Lactose, No Soy, No Gluten, No Wheat, No Yeast, No Fish, Sodium Free.