**Vitamin D** is a fat-soluble vitamin that helps maintain healthy bones by stimulating the absorption of calcium in the body. The body has the ability to make vitamin D naturally when exposed to sunlight. During the winter months, however, the body's vitamin D stores are low, increasing the risk of deficiency. Sunscreens also block the body's ability to make vitamin D from sunlight. Vitamin D deficiency can contribute to accelerated bone loss and reduced calcium utilization. Recently, research shows higher intakes of vitamin D may support overall cellular health.

**WE GUARANTEE OUR SUPPLEMENTS FOR POTENCY AND PURITY**

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.

# VITAMIN D 1,000 IU

Supports Healthy Bones and Cellular Health†

Dietary Supplement

**250 SOFTGELS**

## Supplement Facts

Serving Size 1 Softgel — Servings Per Container 100

| Amount Per Serving | | % Daily Value |
|---|---|---|
| Vitamin D3 (as cholecalciferol from wool oil) | 1,000 IU | 250% |

Other Ingredients: Rice bran oil, gelatin, glycerin, purified water.

SUGGESTED USE: Take one softgel daily with food; do not exceed 2 softgels per day unless directed by a physician.

CONTAINS NO sugar, starch, artificial colors, flavors, preservatives, corn, soy, yeast, wheat, grain, gluten, egg, or milk products.

**KEEP OUT OF REACH OF CHILDREN.** VL 106A

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