

Vitamin D aids in the absorption of calcium, helping to form and maintain healthy bones and teeth.* It also supports colon and immune health.* Country Life high potency Vitamin D3 10,000 I.U. comes from lanolin, a sustainable and safe source in a base of medium chain triglycerides (MCT). Also available in 1000, 2500 and 5000 I.U. strengths.

* 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.

YES CERTIFIED GLUTEN-FREE BY GFCO.ORG
 YES RECYCLABLE PACKAGING
 YES MANUFACTURING SUPPORTS WIND POWER

NO YEAST, CORN OR WHEAT
 NO SOY, MILK OR SALT
 NO SUGAR OR PRESERVATIVES
 NO ARTIFICIAL COLORS, FLAVORS OR SWEETENERS
 NO MAGNESIUM STEARATE



This product does not contain common GE genes or proteins. Visit igenprogram.com

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ESTABLISHED
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**Country[®]
 Life**

• HIGH POTENCY •

VITAMIN D3

250 mcg (10,000 I.U.)

Non-fish liver source

Certified Gluten-Free

- ▶ Promotes bone, dental and immune health*
- ▶ Supports colon health*
- ▶ From sustainable source

Directions: Adults, take one (1) softgel every 3 days or as directed by your healthcare provider. As a reminder, discuss the supplements and medications that you take with your health care providers. Do not exceed the recommended dose.

Supplement Facts

Serving Size 1 softgel	
Amount Per Serving	% Daily Value
Vitamin D (D3) - (as cholecalciferol from Lanolin)	250 mcg (10,000 I.U.) 1,250%

Other Ingredients: Medium chain triglycerides, gelatin, glycerin, purified water (capsule shell). 100% bovine gelatin, BSE-free.
CAUTION: For adults only. Do not take if pregnant or lactating. Do not exceed recommended dose. Large doses of Vitamin D may have adverse effects. If any adverse reactions occur, stop taking product and consult a doctor. If planning surgery, taking medication or have a medical condition, consult a doctor before using this product. If taking more than 4,000 I.U. Vitamin D daily, Vitamin D blood level monitoring is recommended.
Do not accept if seal is broken. Store between 59°-86° F. Keep out of the reach of children. This product has been manufactured at a GMP Registered facility.

Dietary Supplement

200 Softgels

— Our PLEDGE of INTEGRITY —
 AUTHENTICITY • CLEANLINESS • FRESHNESS
 CONSISTENCY • ACCURACY

Manufactured for Country Life, LLC
 180 Vanderbilt Motor Parkway,
 Hauppauge, NY 11788 (USA)
 CountryLifeVitamins.com
 Product No. 5816