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product info



03/2023

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Read the entire label and follow the directions carefully prior to use.

**DIRECTIONS:** Take one (1) capsule daily with food, or as recommended by a healthcare practitioner.

**CAUTION:** Individuals consuming more than 50 mcg (2,000 IU)/day of vitamin D (from diet and supplements) should periodically obtain a serum 25-hydroxy vitamin D measurement. Do not exceed 10,000 IU per day unless recommended by your doctor. Vitamin D supplementation is not recommended for individuals with high blood calcium levels.

**WARNINGS:**

- KEEP OUT OF REACH OF CHILDREN.
- DO NOT EXCEED RECOMMENDED DOSE.
- Do not purchase if outer seal is broken or damaged.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.



**LIFE  
EXTENSION®**

**Vegan  
Vitamin D3  
125 mcg (5000 IU)**



GLUTEN FREE



DAILY



NON  
GMO  
LE CERTIFIED

**Essential for Maintaining Healthy  
Bone Growth and Density\***

**60 VEGAN CAPSULES | DIETARY SUPPLEMENT**

**Supplement Facts**

Serving Size 1 Vegan Capsule

Amount Per Serving		% Daily Value
Vitamin D3 (as cholecalciferol from algae)	125 mcg	625%

Other ingredients: microcrystalline cellulose, vegetable cellulose (capsule), tapioca starch, arabic gum, medium chain triglycerides, vegetable stearate, silica, ascorbic acid, tricalcium phosphate.

Manufactured for:

**Quality Supplements and Vitamins, Inc.**  
Ft. Lauderdale, Florida 33309 • LifeExtension.com  
To report a serious adverse event or obtain product information, contact 1-866-280-2852.

\*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.

Store tightly closed in a cool, dry place.