

Vitamin D aids in the absorption of calcium, helping to form and maintain healthy bones and teeth, as well as promote immune health.\* Country Life Vitamin D3 1000 I.U. comes from lanolin, a sustainable and safe source, in a base of medium chain triglycerides (MCTs). Available in 1000 I.U., 2500 I.U., 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 OR MILK  
**NO** SALT OR SUGAR  
**NO** PRESERVATIVES  
**NO** ARTIFICIAL COLORS,  
FLAVORS OR SWEETENERS  
**NO** MAGNESIUM STEARATE



This product does not contain common GE genes or proteins. Visit [igenprogram.com](http://igenprogram.com)

Lot No:

11H22

Best by:



Dietary Supplement

200 Softgels

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



# VITAMIN D3

25 mcg (1000 I.U.)

Non-fish liver source

Certified Gluten-Free

- Maintains healthy bones and teeth\*
- Promotes immune health\*
- From sustainable source

**Directions:** Adults take one (1) softgel daily with food. As a reminder, discuss the supplements and medications that you take with your health care providers.

## Supplement Facts

Serving Size 1 softgel

Amount Per Serving	% Daily Value
Vitamin D (D <sub>3</sub> ) (as cholecalciferol -from Lanolin)	25 mcg (1000 I.U.) 125%

Other Ingredients: Medium chain triglycerides, gelatin, glycerin, purified water (capsule shell).

100% bovine gelatin, BSE-free.

**CAUTION:** If you are pregnant, nursing, or taking medication, have a medical condition or planning surgery, consult a doctor before using this product. Stop using and consult a doctor if any adverse reactions occur.

**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.

MADE IN THE USA WITH GLOBALLY SOURCED INGREDIENTS  
Manufactured for Country Life, LLC  
180 Vanderbilt Motor Parkway, Hauppauge, NY 11788 (USA)  
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