

Vitamin D aids in the absorption of calcium, helping to form and maintain healthy bones and teeth.\* It also supports colon and immune health.\* Vitamin D3 5,000 I.U. comes from lanolin, a sustainable and safe source in a base of medium chain triglycerides (MCTs). Also available in 1,000 I.U. and 2,500 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](http://igenprogram.com)

Lot No:

11K22

Best by:



Dietary Supplement

200 Softgels

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

ESTABLISHED  
— 1971 —  
Country  
Life

# VITAMIN D3

125 mcg (5,000 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 daily with food 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)	125 mcg (5,000 I.U.) 625%

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 100 mcg (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.

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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