

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, WHEAT OR SOY
NO MILK, SALT, 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

This product has been manufactured at a GMP Registered facility.
Lot No:

Best by:



VALUE SIZE

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

Dietary
Supplement

365 Softgels

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

ESTABLISHED
— 1971 —
Country
Life

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.

MADE IN THE USA WITH GLOBALLY SOURCED INGREDIENTS
Manufactured for Country Life, LLC
180 Vanderbilt Motor Parkway, Hauppauge, NY 11788 (USA)
CountryLifeVitamins.com • Product No. 5812