

Directions: As a dietary supplement, take two (2) capsules once a day or as recommended by your healthcare provider. Enjoy and live long!

Caution: Excessive supplementation can lead to toxicity. More than one dose a day can cause side effects or toxicity. Do not use if seal around cap is broken. Keep out of reach of children. Store at room temperature and avoid excessive heat. Do not freeze or refrigerate.

Sourced, Formulated, Quality Tested & Distributed by
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*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.

Supports
Calcium
Absorption*



Vegetarian
Vitamin D3
Support*

Plant-Derived

**VITAMIN
D3 5,000 IU**

DIETARY
SUPPLEMENT

Supports:

HEALTHY BONES*

60
VEGETARIAN
SOFT GELS

Supplement Facts

Serving Size: 2 Soft Gel Capsules Servings Per Container: 30

	Amount Per Serving	% DV*
Vitamin D3 (as Cholecalciferol)	5,000 IU	1,250%
BioPerine® Black Pepper (<i>Piper nigrum</i>) Extract (fruit)(95% piperine)	10 mg	†

*Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established.

Other Ingredients: Organic Flax Seed Oil, d-alpha Tocopherol (Vitamin E), Vegetarian Soft Gel (Non-GMO Corn Starch, Carrageenan, Vegetable Glycerin, Sorbitol and Purified Water).

The Vitamin D3 (cholecalciferol) used in this product is Vitashine, a proprietary standardized source of vegetarian Vitamin D3 from ESB Developments.

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