

Vitamin D is required to promote calcium absorption, which helps to maintain healthy bones and teeth. Vitamin D also supports a healthy immune system, the health of the pancreas and supports the health of various tissues including breast, colon, and prostate tissue. It may also support muscle strength in older adults. The natural Vitamin D3 in this product is the same form produced by the body when our skin is exposed to sunlight. As we age, our bodies produce this important nutrient less efficiently. This formulation offers advanced Vitamin D3 support in oil-based softgels to promote optimal absorption and assimilation.*

Carefully Manufactured for:
Solgar, Inc., 500 Willow Tree Road
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NATURAL
VITAMIN D 3
(CHOLECALCIFEROL)
10,000 IU

MAINTAINS HEALTHY BONES & TEETH*
SUPPORTS A HEALTHY IMMUNE SYSTEM*
PROMOTES TISSUE HEALTH*

GLUTEN, WHEAT & DAIRY FREE

120 SOFTGELS

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 Softgel

Amount Per Serving	%DV
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Vitamin D3	10,000 IU	2500%
(as cholecalciferol)		

DV = Daily Value

Other Ingredients: Safflower Oil, Gelatin,
Vegetable Glycerin.

**FREE OF: Gluten, Wheat, Dairy, Soy,
Yeast, Sugar, Sodium, Artificial Flavor,
Sweetener, Preservatives and Color.**

SUGGESTED USE: As a dietary supplement for adults, take one (1) softgel daily, preferably at meal-time, or as directed by a healthcare practitioner.

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking any dietary supplement. Keep out of reach of children. Store in a cool, dry place. Do not use if outer bottle seal is missing, torn or damaged in any way.

*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.

