

Vitamin D is required to promote calcium absorption, which helps to maintain healthy bones and teeth. Vitamin D also supports a healthy immune system and the health of various tissues including breast, colon and prostate tissue. It may support muscle strength in older adults. This formulation provides natural Vitamin D3 for daily supplementation.*

Carefully Manufactured by:
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NATURAL
VITAMIN D3
(CHOLECALCIFEROL)
1000 IU

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

180 TABLETS

DIETARY SUPPLEMENT



Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving		%DV
Vitamin D3 (as cholecalciferol)	1000 IU	250%

DV = Daily Value

Other Ingredients: Microcrystalline Cellulose, Mannitol†, Vegetable Cellulose, Vegetable Stearic Acid, Silica, Vegetable Magnesium Stearate, Vegetable Glycerin, Riboflavin.

†Provides a dietarily insignificant amount of sugar alcohol

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) to two (2) tablets daily, preferably at mealtime, 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.

Solgar's KOF-K certification # K-1250

*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.

