

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 the pancreas, as well as 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 provides premium, natural Vitamin D3 in convenient, easy to swallow vegetable capsules.*

Carefully Manufactured by:

Solgar, Inc., 500 Willow Tree Road
Leonia, NJ 07605 U.S.A.

For more information, call toll-free
1-877-SOLGAR 4, www.solgar.com

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NATURAL
VITAMIN D3
(CHOLECALCIFEROL)
5000 IU

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

GLUTEN, WHEAT & DAIRY FREE



120 VEGETABLE CAPSULES

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 Vegetable Capsule

Amount Per Serving	%DV
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Vitamin D3	5000 IU	1250%
(as cholecalciferol)		

DV = Daily Value

Other Ingredients: Microcrystalline Cellulose,
Vegetable Cellulose, Vegetable Magnesium
Stearate.

**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)
vegetable capsule 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.

