

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 in convenient, easy to swallow vegetable capsules.*

Carefully Manufactured by:
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NATURAL
VITAMIN D₃
(CHOLECALCIFEROL)
2200 IU

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

GLUTEN, WHEAT & DAIRY FREE



50 VEGETABLE CAPSULES

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 Vegetable Capsule

Amount Per Serving		%DV
Vitamin D ₃ (as cholecalciferol)	2200 IU	550%

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.

