

Vitamin D is a fat-soluble vitamin that is required to promote calcium absorption, which helps to maintain healthy bones and teeth. Vitamin D also supports a healthy immune system. The natural Vitamin D in this product is derived from the oil of select livers of deep-sea, cold-water fish. The oil has undergone molecular distillation to remove harmful contaminants. This formulation is offered in oil-based softgels to promote optimal absorption and assimilation.*

Carefully Manufactured for:
Solgar, Inc.
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SOLGB16446 00B



NATURAL
VITAMIN D³
(CHOLECALCIFEROL)
400 IU

MAINTAINS HEALTHY BONES & TEETH*
SUPPORTS A HEALTHY IMMUNE SYSTEM*

GLUTEN, WHEAT & DAIRY FREE

100 SOFTGELS

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 Softgel

Amount Per Serving	%DV
Vitamin D3 400 IU (as cholecalciferol naturally occurring from fish liver oil)	100%

DV = Daily Value

Other Ingredients: Gelatin, Safflower Oil,
Vegetable Glycerin. Contains fish (Cod,
Haddock, Pollock).

**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 to
two (2) softgels 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.

*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.

