

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

For more information, call toll-free
1-877-SOLGAR 4
www.solgar.com
©2010 Solgar, Inc.

SOLGB16446 00B



NATURAL VITAMIN D 3 (CHOLECALCIFEROL) 400 IU

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

GLUTEN, WHEAT & DAIRY FREE

250 SOFTGELS

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 Softgel

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

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 (1) 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.

