

SUGGESTED USE Consume one or more capsules daily or as recommended by a health care professional. For best results, take this product with food containing a small amount of fat or oil. This product is most effective as part of a healthy diet and active lifestyle, along with **ANDREW LESSMAN'S Life Rx™** multi-vitamin-mineral formulas. **For answers to questions about the use of this product call 800.800.1200.**

UNSURPASSED.
Purity. Quality. Integrity. Effectiveness.



Andrew Lessman
Founder of ProCAPS LABS



QUESTIONS? RE-ORDERS?
CALL 800.800.1200
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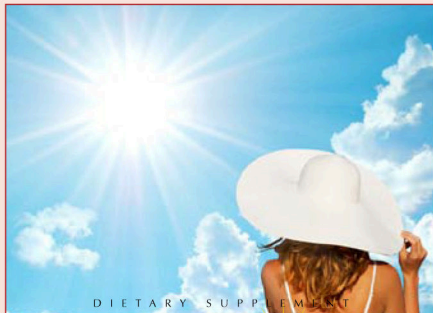
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PROMOTES OPTIMUM CALCIUM ABSORPTION

VITAMIN D₃-1000™

1,000 IU VITAMIN D₃ (CHOLECALCIFEROL)
100 MG CALCIUM • S.O.S.



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360 Easy-to-Swallow Capsules

Andrew Lessman's VITAMIN D₃-1000 contains 1,000 IU of what is now recognized as the most important single vitamin to consider supplementing – **Vitamin D₃**. Everyone recognizes the unquestioned role of Calcium in bone health, yet few of us realize that without Vitamin D, we cannot absorb Calcium and we cannot enjoy Calcium's benefits. In short, Vitamin D is just as important as Calcium to bone health. That should be enough to encourage everyone to focus on Vitamin D, but it's Vitamin D's other benefits that has made headlines and has experts seeking to raise the recommended intake of Vitamin D. Historically, the body can manufacture limited amounts of Vitamin D when exposed to sunlight (via UV radiation); however, the aging process combined with our reduced sun exposure and increased use of sunscreens makes our body's current production of Vitamin D inadequate and unreliable at best. Unfortunately, Vitamin D is also not abundant in food, and is only present in very limited quantities in some fish and eggs. Recognizing this, we have always given higher levels of Vitamin D₃ in our multivitamins and also included Vitamin D₃ in all our Calcium and bone health products for over 30 years. The latest research on Vitamin D₃ validates the wisdom of the extra Vitamin D₃ we have always provided while also serving to encourage our decision to further increase those levels. Best of all, our **Vitamin D₃-1000** is a pleasure to use, since it comes in a small, soft, easy-to-swallow capsule and is designed to be gentle even to the most sensitive stomachs.

This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Supplement Facts

Serving Size 1 Capsule	Servings Per Container 360	
Amount Per Serving		%DV*
Vitamin C (as ascorbyl palmitate)	5 mg	8%
Vitamin D₃ (as cholecalciferol)	1,000 IU	250%
Calcium (as citrate/malate/carbonate)	100 mg	10%
Silicon (as silicon dioxide/ Soluble Organic Silicon- SOS)	5 mg	†

* Percent Daily Values (%DV) are based on a 2,000 calorie diet.
† Daily Value not established.

Other Ingredients: Gelatin capsule.

NO ADDITIVES.