

**Suggested Usage:** Take 1 softgel every 2 days with a fat-containing meal, or as directed by your healthcare practitioner.

NOW® Vitamin D-3 softgels supply this key vitamin in a highly-absorbable liquid softgel form. Vitamin D is normally obtained from the diet or produced by the skin from the ultraviolet energy of the sun. However, it is not abundant in food. As more people avoid sun exposure, Vitamin D supplementation becomes even more necessary to ensure that your body receives an adequate supply.

\*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.

**Caution:** For adults only. Do not exceed the recommended dose. Consult physician if pregnant/nursing, taking medication (especially topical psoriasis medications or thiazide diuretics), or have a medical condition (especially hypercalcemia, kidney disease, or hyperparathyroidism). Keep out of reach of children.



CODE 0372 V8



# High Potency Vitamin D-3 5,000 IU

**Structural Support\***

- Helps Maintain Strong Bones\*
- Supports Immune System\*

**120 Softgels**

A Dietary Supplement



Contains Gelatin

**Vitamins**

*Family owned since 1968.*

## Supplement Facts

Serving Size 1 Softgel

|                                                               | Amount<br>Per Serving | % Daily<br>Value |
|---------------------------------------------------------------|-----------------------|------------------|
| Vitamin D <sub>3</sub><br>(as Cholecalciferol) (from Lanolin) | 5,000 IU              | 1250%            |

Other ingredients: Softgel Capsule (gelatin, water, glycerin) and Organic Extra Virgin Olive Oil.

NOW FOODS, 395 S. Glen Ellyn Rd.  
Bloomington, IL 60108, USA [nowfoods.com](http://nowfoods.com)

Not manufactured with yeast, wheat, gluten, soy, milk, egg, fish or shellfish ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Natural color variation may occur in this product.

Store in a cool, dry place after opening.

Please Recycle.

