

**PRODUCT BENEFITS:** Vitamin D can be obtained through biosynthesis due to exposure to ultraviolet (UV) radiation or from dietary intake. However, Vitamin D absorption through the intestinal tract decreases as we age, and exposure to UV rays can be greatly diminished during winter months. Residents of northern climates may also have inadequate exposure to UV radiation. Therefore, supplementation has been recommended in a scientific review in order to ensure adequate intake and healthy cellular function.<sup>1</sup> In addition to Vitamin D's well-known ability to support calcium absorption, this essential vitamin plays a key role in immune function.\*

<sup>1</sup> Garland, C. et al. *AJPH*. 2006. 96 (2). 9-18.

**Directions:** For adults, take one (1) softgel daily, preferably with a meal or follow the advice of your health care professional. As a reminder, discuss the supplements and medications you take with your health care providers.

**\*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.**

**PROD. NO. 16409**

To refill please call 1-800-765-6775  
or visit [www.physiologics.com](http://www.physiologics.com)

Carefully Manufactured by PhysioLogics, LLC  
One Nutrition Plaza, Carbondale, IL 62901 U.S.A.



B16407

7 16963 16409 2

07G



# Vitamin D3 1000 IU

Promotes Bone, Breast, Colon  
and Immune System Health\*

Dietary Supplement  
100 Softgels



## Supplement Facts

Serving Size 1 Softgel

Amount Per Serving

%Daily Value

Vitamin D 1,000 IU

250%

**Other Ingredients:** Safflower Oil, Gelatin, Glycerin, Fish Oil, Cholecalciferol.

Contains fish (cod, haddock, pollock) ingredients.

**FREE OF:** artificial color, artificial flavor, artificial sweetener, preservatives, sugar, starch, milk, lactose, soy, gluten, wheat, yeast, shellfish, sodium.

**WARNING:** If you are pregnant, nursing or taking any medications, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

**TAMPER RESISTANT:** Do not use if seal under cap is broken or missing.

**KEEP OUT OF REACH OF CHILDREN.**

Store at room temperature and avoid excessive heat.

Laboratory Tested to Guarantee Quality  
For Health Care Professional Use Only  
©PhysioLogics, 2011