

Suggested Use: For adults, take 1 softgel every other day with a meal or as directed by your qualified healthcare professional.

NOTE: Individuals consuming more than 2,000 IU/day of vitamin D should periodically obtain a serum 25-hydroxy vitamin D measurement. If you have a medical condition (especially kidney stones or dysfunction, hyperparathyroidism, hypercalcemia, lymphoma, or sarcoidosis), are pregnant, lactating, trying to conceive, under the age of 18, or taking medications, consult your healthcare professional before using this product.

Jarrow Formulas® Vitamin D₃ provides cholecalciferol, the most bioavailable form of vitamin D. Vitamin D₃ is converted by the kidneys into the hormone calcitriol, the active form of vitamin D₃. Vitamin D₃ enhances calcium and phosphorous absorption, stimulates the synthesis of **osteocalcin** (an important structural protein in bone), and supports a healthy immune response.*

Keep out of the reach of children.

* 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.

Jarrow
F O R M U L A S®

Cholecalciferol

Vitamin In Extra Virgin
Olive Oil
D3 **5000 IU**

Supports: Calcium and Bone Metabolism*
Immune Function*

5000
IU

100
SOFTGELS

**DIETARY
SUPPLEMENT**

Supplement Facts

Serving Size 1 Softgel

Servings Per Container 100

	Amount Per Serving	% DV
Vitamin D ₃ (cholecalciferol)	5000 IU	1250%

Other Ingredient: Extra virgin olive oil. Softgel consists of gelatin, purified water and glycerin.

No wheat, no gluten, no soybeans, no dairy, no egg, no fish/shellfish, no peanuts/tree nuts.

100 IU of Vitamin D is equal to 2.5 micrograms of cholecalciferol. Each softgel contains 125 mcg of cholecalciferol.

12214D5000 PROD # 130005

Distributed Exclusively by:
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Lot #. Best Used Before:

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