

**Vitamin D3** is a fat-soluble vitamin that helps maintain healthy bones by stimulating the absorption of calcium in the body. The body has the ability to make vitamin D3 naturally when exposed to sunlight. During the winter months, however, the body's vitamin D3 stores are low, increasing the risk of deficiency. Sunscreens also block the body's ability to make vitamin D3 from sunlight. Vitamin D3 deficiency can contribute to accelerated bone loss and reduced calcium utilization. Recently, research shows higher intakes of vitamin D3 may support overall cellular health.<sup>†</sup>

**WE GUARANTEE OUR SUPPLEMENTS  
FOR POTENCY AND PURITY**

To report a serious adverse event, call 1-888-710-0006

<sup>†</sup> 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.

# VITAMIN D3 1,000 IU

Supports Bones and Cellular Health<sup>†</sup>

Dietary Supplement  
**100 SOFTGELS**



## Supplement Facts

Serving Size 1 Softgel      Servings Per Container 100

Amount Per Serving	% Daily Value
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Vitamin D3 (as cholecalciferol from wool oil)	1,000 IU	250%
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Other Ingredients: Rice bran oil, gelatin, glycerin, purified water.

**SUGGESTED USE:** Take one softgel daily with food; do not exceed two softgels per day unless directed by a physician.

**CONTAINS NO** artificial colors, flavors, or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, soy, crustacean shellfish or fish.

**KEEP OUT OF REACH OF CHILDREN. VL 106-1000**

