

Vitamin D 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 D naturally when exposed to sunlight. During the winter months, however, the body's vitamin D stores are low, increasing the risk of deficiency. Sunscreens can also block the body's ability to make vitamin D from sunlight. Vitamin D deficiency can contribute to accelerated bone loss and reduced calcium utilization. Recently, research shows higher intakes of vitamin D may support overall cellular health.<sup>†</sup>

Our Vitamin D3 5,000 IU provides a vegetarian source of this key nutrient as a scored tablet -- which means you can choose between a 5,000 IU dose or breaking the scored tablet in half to consume 2,500 IU.

**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.

Vegetarian  
**VITAMIN D3**  
**5,000 IU**

Supports Bone Health<sup>†</sup>



Dietary Supplement  
**60 VEGETARIAN TABLETS**



## Supplement Facts

Serving Size 1 Tablet

Servings Per Container 60

Amount Per Serving

% Daily Value

Vitamin D3 (as cholecalciferol  
from wool oil)

5,000 IU

1250%

Other Ingredients: Cellulose, modified cellulose gum, silicon dioxide, stearic acid (vegetable source), magnesium stearate (vegetable source).

**SUGGESTED USE:** Take one tablet daily with food; do not exceed two tablets 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 107-608**



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