

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.[†]

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



**For Healthy Bones,
Cells And Immune
System[†]**

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.

Manufactured for: EnergyFirst
1140 Highland Ave., Ste. 100
Manhattan Beach, CA 90266
www.energyfirst.com

**We Guarantee Our Supplements
for Potency and Purity**

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.

**†THIS STATEMENT HAS
NOT BEEN EVALUATED
BY THE FOOD AND DRUG
ADMINISTRATION. THIS
PRODUCT IS NOT INTENDED
TO DIAGNOSE, TREAT, CURE
OR PREVENT ANY DISEASE.**

Made in the USA

VVL 106-100D