Scan for product info

Read the entire label and follow the directions carefully prior to use.

DIRECTIONS: Take one (1) softgel daily with food, or as recommended by a healthcare practitioner.

CAUTION: Individuals consuming more than 2,000 IU/day of vitamin D (from diet and supplements) should periodically obtain a serum 25-hydroxy vitamin D measurement. Do not exceed 10,000 IU per day unless recommended by your doctor. Vitamin D supplementation is not recommended for individuals with high blood calcium levels.

Store tightly closed in a cool, dry place.

WARNINGS:

- **KEEP OUT OF REACH OF CHILDREN.**
- **DO NOT EXCEED RECOMMENDED DOSE.**
- **Do not purchase if outer seal is broken or damaged.**
- **When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.**

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LifeExtension®

Vitamin D3

5,000 IU

Essential for Maintaining Healthy Bone Growth and Density*

Dietary Supplement

60 Softgels

Supplement Facts

Serving Size 1 Softgel

Amount Per Serving		% Daily Value
Vitamin D3 (as cholecalciferol)	5,000 IU	1,250%

Other ingredients: extra virgin olive oil, medium chain triglycerides, gelatin, glycerin, purified water, rosemary extract.

Manufactured for:
Quality Supplements and Vitamins, Inc.
Ft. Lauderdale, Florida 33309
info@lifeextension.com • www.lef.org
To report a serious adverse event or obtain product information, contact 1-866-280-2852.

*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.