trunature® Vitamin D3 (Cholecalciferol) also known as the "sunshine vitamin" is important for strong bones and teeth.† Vitamin D plays an important role in the immune system and may be helpful in the maintenance of breast and colon health. When combined with adequate calcium, Vitamin D also supports muscle function.† Vitamin D may be helpful for those with limited sun exposure.

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Suggested Use:
1 softgel daily or as directed by a physician. Keep out of reach of children. Store at room temperature, tightly closed. Avoid excessive heat.

Supplement Facts:
Serving Size: 1 Softgel
Amount Per Serving - % Daily Value:*
Vitamin D3 (as Cholecalciferol) 5000 IU - 1,250%, Organic Flax Oil 200 mg - **.

*Percent Daily Value based on 2,000 calorie diet.
**Daily Value not established.

Other Ingredients:
Softgel Capsule (Gelatin, Glycerin, Purified Water), Medium Chain Triglycerides (Coconut), Soy Lecithin.