

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.[†]

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

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

[†] 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 1000 IU

Supports Healthy Bones and
Cellular Health[†]

Dietary Supplement

100 SOFTGELS



Supplement Facts

Serving Size 1 Softgel Servings Per Container 100

| Amount Per Serving | % Daily Value | |
|--|---------------|------|
| Vitamin D3 (as cholecalciferol from wool oil) | 1,000 IU | 250% |

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.

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