

# Live Optimal™

**SUGGESTED USE:** Take 1 softgel per day, preferably in the morning, or as directed by a healthcare practitioner.

Natural Stacks® Vitamin D3 (Cholecalciferol) is formulated with Organic Coconut Oil for optimal absorption.† Research suggests that Vitamin D3 plays an integral role in supporting the neuromuscular and immune systems, as well as mood and sleep. It's also a critical hormone precursor that promotes new cell growth and bone formation.†

**Warning:** Consult a healthcare practitioner before taking this or any nutritional supplement if you are pregnant/nursing, have or suspect a medical condition, are taking any medications, or other non-Natural Stacks® dietary supplements. Do not use if safety seal is broken or missing. Store in a cool dry place. **KEEP OUT OF REACH OF CHILDREN**

†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.



USA manufactured in a cGMP and NSF certified facility.

Certified Open Source by [opensource-label.org](http://opensource-label.org)

Certified Paleo Friendly by The Paleo Foundation, Inc.



NATURAL STACKS®



## Coconut VITAMIN D3

5,000 IU - OPTIMAL ABSORPTION†

90 SOFTGELS  
DIETARY SUPPLEMENT

### Supplement Facts

Serving Size 1 Softgel  
Servings Per Container: 90

	Amount Per Serving	% DV*
Calories	1	
Calories from Fat	1	
Total Fat	100 mg	<1%
Saturated Fat	87 mg	<1%
Vitamin D3 (as Cholecalciferol)	5,000 IU	1,250%
Coconut Oil†	100 mg	**

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

\*\*Percent Daily Value (DV) not established.

Other Ingredients: Softgel Capsule (Gelatin, Vegetable Glycerin, Water).  
Contains Treenuts (Coconut).

Formulated & Distributed By: Natural Stacks Inc.  
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Ingredients Naturally Free of:  
Gluten, Dairy, Soy.  
† Certified Organic.



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