

**Suggested Usage:** Take 1 chewable tablet every 2 days with a fat-containing meal, or as directed by your healthcare practitioner.

NOW® Chewable Vitamin D-3 supplies this key vitamin in a tasty chewable form. Vitamin D is normally obtained from the diet or produced by the skin from the ultraviolet energy of the sun. However, it is not abundant in food. As more people avoid sun exposure, Vitamin D supplementation becomes even more necessary to ensure that your body receives an adequate supply.

\*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.

**Caution:** For adults only. Do not exceed the recommended dose. Consult physician if pregnant/nursing, taking medication (especially topical psoriasis medications or thiazide diuretics), or have a medical condition (especially hypercalcemia, kidney disease, or hyperparathyroidism). Keep out of reach of children. Contains Xylitol, do not feed to pets.



CODE 0358 V4



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# Chewable Vitamin D-3 5,000 IU

**Structural Support\***

- Helps Maintain Strong Bones\*
- Supports Immune System\*
- Natural Mint Flavor



**120 Chewables**  
A Dietary Supplement

**Vitamins**

Family owned since 1968.

## Supplement Facts

Serving Size 1 Chewable Tablet

	Amount Per Serving	% Daily Value
Vitamin D <sub>3</sub> (as Cholecalciferol) (from Lanolin)	125 mcg (5,000 IU)	625%

Other ingredients: Xylitol, Cellulose, Sorbitol, Stearic Acid (vegetable source), Silica, Ascorbyl Palmitate, Natural Peppermint Flavor and Natural Vanilla Flavor.

NOW FOODS, 395 S. Glen Ellyn Rd.  
Bloomington, IL 60108, USA [nowfoods.com](http://nowfoods.com)

Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens. Natural color variation may occur in this product.

Do not eat freshness packet. Keep in bottle.

Store in a cool, dry place after opening.

Please Recycle.

