33% MORE FREE • 33% MORE FREE • **33% MORE FREE** • 33% MORE FREE • 33% MORE FREE • 33% MORE FREE •

Vitamin D is a fat-soluble vitamin that is required to promote calcium absorption, which helps to maintain healthy bones and teeth.* Vitamin D also supports a healthy immune system and neuromuscular function.* The Vitamin D3 in this product is the same form produced by the body when our skin is exposed to sunlight. As we age, our bodies may absorb this important nutrient less efficiently. This product utilizes oil from select livers of deep-sea, cold-water fish. The oil has been molecularly distilled to remove harmful contaminants. This formulation is offered in oil-based softgels to promote optimal absorption and assimilation.*

Carefully Manufactured for:
Solgar, Inc., 500 Willow Tree Road
Leonia, NJ 07605 U.S.A.

For more information, call toll-free
1-877-SOLGAR 4, www.solgar.com

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Prod # 73340

SOLGB16407 04E

SOLGAR® Since 1947

VITAMIN D 3
(CHOLECALCIFEROL)
25 MCG (1000 IU)

MAINTAINS HEALTHY BONES & TEETH*
SUPPORTS A HEALTHY IMMUNE SYSTEM*
PROMOTES TISSUE HEALTH*

Non-GMO
GLUTEN, WHEAT & DAIRY FREE

100+33 BONUS SOFTGELS

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 Softgel

Amount Per Serving	%DV
Vitamin D3 25 mcg (1,000 IU)	125%

DV = Daily Value

Ingredients: Safflower Oil, Gelatin, Vegetable Glycerin, Fish Liver Oil, Cholecalciferol.

Contains fish (Cod, Haddock, Pollock).

FREE OF: Gluten, Wheat, Dairy, Soy, Yeast, Sugar, Sodium, Artificial Flavor, Sweetener, Preservatives and Color.

SUGGESTED USE: As a dietary supplement for adults, take one (1) softgel twice daily, preferably with meals, or as directed by a healthcare practitioner.

If you are pregnant, nursing, taking any medications, planning any medical or surgical procedure or have any medical condition, please consult your healthcare practitioner before taking any dietary supplement. Discontinue use and consult your healthcare practitioner if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if outer bottle seal is missing or damaged.

*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.

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