

Suggested Use: For adults, take 1 softgel per day with a meal or as directed by your qualified health care consultant.

NOTE: If you have a medical condition (especially kidney stones or dysfunction, hyperparathyroidism, hypercalcemia, lymphoma, or sarcoidosis), are pregnant, lactating, trying to conceive, under the age of 18, or taking medications, consult your health care practitioner before using this product.

Jarrow FORMULAS® Vitamin D₃ provides cholecalciferol, the most bioavailable form of vitamin D. Vitamin D₃ is converted by the kidneys into the hormone calcitriol, the active form of vitamin D₃. Calcitriol enhances calcium and phosphorous absorption, stimulates the synthesis of **osteocalcin** (an important structural protein in bone), and is involved in proper cell differentiation (changing of cell function), including in prostate cells and immune function.*

HEALTH CLAIM: Adequate calcium and vitamin D as part of a healthful diet, along with physical activity, may reduce the risk of osteoporosis later in life.

Keep out of the 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.

Lot #. Best Used Before:

Jarrow FORMULAS®

Vitamin D₃

400 IU

Cholecalciferol

In Extra Virgin Olive Oil

Promotes:

- **Calcium and Bone Metabolism***
- **Immune Function***
- **Breast, Colon and Prostate Protection***

100 Softgels

Dietary Supplement

Supplement Facts

Serving Size 1 Softgel Servings Per Container 100

	Amount Per Serving	% DV
Vitamin D ₃ (cholecalciferol)	400 IU	100%

Other Ingredient: Extra virgin olive oil. Softgel consists of gelatin, glycerin, and water.

No wheat, no gluten, no soybeans, no dairy, no egg, no fish/shellfish, no peanuts/tree nuts.

100 IU of Vitamin D is equal to 2.5 micrograms of cholecalciferol. Each softgel contains 10 mcg of cholecalciferol.

Distributed Exclusively by:

Jarrow FORMULAS®

Superior Nutrition and Formulation™

P.O. Box 35994

Los Angeles, CA 90035-4317

www.Jarrow.com



03111D400
PROD # 130002

© 2011 **Jarrow FORMULAS®**