



Suggested usage: 1 capsule 1–2 times per day or as directed by a health professional.

Cautions: As with any supplement, consult your health professional before use if you are pregnant, breastfeeding, or trying to conceive, or if you are taking medication, have a medical condition, or anticipate a surgery. Keep out of the reach of children.

Sourced from wild harvested lichen, the plant-based vitamin D in this formula is in its natural form (cholecalciferol). Natural vitamin D3 is the bioactive form of vitamin D and is necessary for the efficient utilization of calcium, in turn helping to form and maintain strong bones and a healthy immune system.*

Manufactured by Natural Factors to ensure safety and potency in accordance with Good Manufacturing Practices (GMP) of the FDA and Health Canada.

Contains no artificial colors, preservatives, or sweeteners; no dairy, starch, sugar, wheat, gluten, yeast, soy, egg, fish, shellfish, animal products, salt, tree nuts, or GMOs. Suitable for vegetarians/vegans. Sealed for your protection. Do not use if seal is broken. For freshness, store in a cool, dry place.

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

LICHEN FROM USA, ENCAPSULATED IN CANADA
Manufactured by Natural Factors Canada
Distributed by NATURAL FACTORS
14224 167th Avenue SE
Monroe, WA 98272

**Purity & Potency
Guaranteed**

Recyclable container and label.

**natural
Factors®**

**Vegan Vitamin
D3
2000 IU**

90 Vegetarian Capsules

SUPPORTS HEALTHY BONES*

Supplement Facts

Serving Size 1 Vegetarian Capsule

	Amount Per Serving	% Daily Value
Vitamin D3 (cholecalciferol) (lichen)	2000 IU	500%

** Daily Value not established.

Other ingredients: Microcrystalline cellulose, vegetarian capsule (carbohydrate gum [cellulose], purified water), magnesium stearate (vegetable grade).

LOT & EXPIRY 1.3125" x .25" Single Line

