Contains No sugar, dairy, yeast, wheat, gluten, preservatives, artificial colors or flavors.

Suggested Use: As a dietary supplement, adults take one (1) softgel capsule daily, or as directed by a health care professional. Store in a cool, dry place and away from direct light.

† **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.**

KEEP OUT OF REACH OF CHILDREN.

Vitamin D-3
50 mcg (2,000 IU)

Dietary Supplement

100 Softgels

SUPPLEMENT FACTS

Serving Size 1 Softgel Capsule

	Amount Per Serving	% Daily Value
Vitamin D-3 (as cholecalciferol)	50 mcg (2,000 IU)	250%

Other Ingredients: Softgel (gelatin, glycerin, water), soybean oil, corn oil.

The role of Vitamin D in helping to maintain bone density and strength is clear. It is required for the process of moving calcium through the intestinal wall into the bloodstream.†

Even though the human body can manufacture Vitamin D under ideal circumstances, there is strong evidence that much of the American population suffers from a deficiency of the nutrient. This means that supplementation may be important. Cholecalciferol (D3) is a natural, highly bioavailable form of Vitamin D derived from lanolin.