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product info

Read the entire label and follow directions carefully prior to use.

**DIRECTIONS:** Take one (1) softgel daily with food, or as recommended by a healthcare practitioner.

**CAUTION:** Individuals consuming more than 2,000 IU/day of vitamin D (from diet and supplements) should periodically obtain a serum 25-hydroxy vitamin D measurement. Do not exceed 10,000 IU per day unless recommended by your doctor. Vitamin D supplementation is not recommended for individuals with high blood calcium levels.

**WARNINGS:**

- KEEP OUT OF REACH OF CHILDREN.
- DO NOT EXCEED RECOMMENDED DOSE.
- Do not purchase if outer seal is broken or damaged.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.



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**LifeExtension®**

**Vitamin D3**

**1000 IU**



**Essential for Maintaining Healthy  
Bone Growth and Density\***

Dietary  
Supplement

**90 Softgels**

**Supplement Facts**

Serving Size 1 Softgel

Amount Per Serving	% Daily Value	
Vitamin D3 (as cholecalciferol)	1000 IU	250%

**Other ingredients:** extra virgin olive oil, medium chain triglycerides oil, gelatin, glycerin, purified water, rosemary extract.

Non-GMO

Manufactured for:  
**Quality Supplements and Vitamins, Inc.**  
Ft. Lauderdale, Florida 33309  
LifeExtension.com

To report a serious adverse event or obtain product information, contact 1-866-280-2852.

Store tightly closed in a cool, dry place.

\*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.