

Vitamin D is a fat-soluble vitamin that aids in calcium absorption, which helps to maintain healthy bones and teeth. Vitamin D also supports a healthy immune system. This product utilizes oil from select livers of deep-sea, cold-water fish. The oil has been purified to eliminate mercury and PCB's. This formulation is offered in oil-based softgels to promote optimal absorption and assimilation.*

Carefully Manufactured for:
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SOLGB16446 01C



VITAMIN D3 (CHOLECALCIFEROL) 400 IU

MAINTAINS HEALTHY BONES & TEETH*
SUPPORTS A HEALTHY IMMUNE SYSTEM*

GLUTEN, WHEAT & DAIRY FREE

100 SOFTGELS

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 Softgel

Amount Per Serving	%DV
Vitamin D3 (as cholecalciferol and fish liver oil)	400 IU 100%

DV = Daily Value

Other Ingredients: Safflower Oil, Gelatin,
Vegetable Glycerin.

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 one to two times daily, preferably with a meal or as directed by a healthcare practitioner.

If you are pregnant, nursing, taking any medications, planning any medical 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.

