

**VITAMIN D-3** helps support healthy bones, muscles, and heart. D-3 is the body's preferred form of Vitamin D and is crucial for proper absorption of calcium and phosphorus, which helps support bone and heart health. As the body ages, the ability to absorb Vitamin D is reduced. Supplementing with Vitamin D can help increase Vitamin D levels.

#### SUGGESTED USE

1 capsule daily, preferably with a meal or as directed by a healthcare professional.

#### CAUTION

Do not exceed recommended dose. Pregnant or nursing mothers, children under 18, and individuals with a known medical condition should consult a physician before using this or any dietary supplement. This product is manufactured and packaged in a facility which may also process milk, soy, wheat, egg, peanuts, tree nuts, fish, and crustacean shellfish.

**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.

**90**  
VEGETABLE  
CAPSULES

PORTIONS  
MASTER

BONE SUPPORT

**D-3**

**VITAMIN**

**125** MCG  
PER SERVING

DIETARY  
SUPPLEMENT

## Supplement Facts

Serving Size 1 Vegetable Capsule  
Servings Per Container: 90

Amount Per Serving	%Daily Value
Vitamin D (as cholecalciferol)	125 mcg 625% (5,000 IU)

**Other Ingredients:** Rice powder, hypromellose, microcrystalline cellulose, vegetable magnesium stearate, titanium dioxide, and silicon dioxide.

Portions Master® specializes in superior, high quality supplements that help maintain a healthy lifestyle.

**Do not use if safety seal is damaged or missing. Store in a cool, dry place.**



MANUFACTURED FOR & DISTRIBUTED BY PORTIONS MASTER, LLC  
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