

# VITAMIN D

## 2000 iu

### Vitamin D-3

*Dietary Supplement*

#### Supplement Facts

Serving Size: 1 Softgel

	Amount Per Serving	% Daily Value
Vitamin D (as cholecalciferol)	2,000 iu	500 %

**Other Ingredients:** Gelatin, glycerin, water (capsule), soybean 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.

Two forms of Vitamin D are commonly found in supplements; D-3 (cholecalciferol) and D-2 (ergocalciferol). Vitamin D-3 is more bioactive.

† 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.

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

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

Keep out of reach of children.

**QUALITY AND POTENCY GUARANTEED.**

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