

# Vitamin D-3 1500iu



Supplement Facts		
Serving Size: 1 Tablet		
Amount Per Serving		
	Amount	% Daily Value
Vitamin D-3 (cholecalciferol)	1500 IU	375%

Other ingredients: Dicalcium phosphate, microcrystalline cellulose, vegetable stearic acid, vegetable magnesium stearate, silicon dioxide, croscarmellose sodium and pharmaceutical glaze.

### Non-GMO Formula

**CAUTION:** 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 REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING. STORE IN A COOL, DRY PLACE.**

**SUGGESTED USE:** 1 tablet daily preferably with a meal or as directed by a healthcare professional.

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.

**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.**

Ensuring that there is a sufficient vitamin D intake is important for the regulation of calcium and phosphorus absorption, maintenance of healthy bones and teeth.

Vitamin D also has more direct effects on your mood. It activates the genes that release dopamine and serotonin, the lack of which is commonly linked to depression.