

Vitamin D-3 5000iu



Supplement Facts		
Serving Size: 1 Vegetable Capsule		
Amount Per Serving		
	Amount	% Daily Value
Vitamin D-3 (cholecalciferol)	5000 IU	1250%

Other ingredients: Rice powder, Cellulose, vegetable magnesium stearate, and silicon dioxide.

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 capsule 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.