



# D3

## 2500 IU / UI

### High Potency / Haute puissance

- Helps to Prevent Vitamin D Deficiency
- Aide à prévenir une carence en vitamine D

# 180 softgels gélules

Non-GMO  
Sans OGM

NPN80115883



Vitamin D intake, when combined with sufficient calcium, a healthy diet and regular exercise may reduce the risk of developing osteoporosis in people with vitamin D deficiency.

**Directions: Adult Dosage:** Take 1 softgel daily. Consult a health care practitioner for use beyond 6 months. Take with adequate calcium.

**Risk Information:** Consult a health care professional prior to use to determine if you would benefit from additional vitamin D, or if you are pregnant or breastfeeding, have kidney disorders or if you take other supplements, multivitamins or products containing vitamin D or its analogues, if you take any prescription medications including antacids, anticonvulsants, digoxin, cholestyramine, colestipol, mineral oil, steroids, statins or thiazide diuretics. 15-20 mcg (600-800 IU) of vitamin D per day is adequate for most individuals. Do not use this product if you have hypercalcemia and/or hypercalciuria. Stop use and consult a health care practitioner if muscle weakness, fatigue, drowsiness, headache, lack of appetite, dry mouth, metallic taste, nausea, vomiting, vertigo, ringing in the ears, lack of coordination occur, which are early symptoms of hypercalcemia, or if you have any other side effects.

**Ingredients (each softgel contains):**

Vitamin D3 (as Cholecalciferol)..... 62.5 mcg (2500 IU)

**Non-Medicinal Ingredients:** Softgel (gelatin, glycerol, water), Extra Virgin Olive Oil.

**Do not use if inner seal is broken. Keep in Bottle. Store in a cool, dry place.**

Bottle made with PCR (Post-Consumer Recycled) plastic.

CODE 90357 V2



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