

**SUGGESTED USE:** Take 1 capsule daily with food or as directed by your healthcare professional.

Children and pregnant or lactating women should consult their healthcare practitioner prior to use. Do not use if tamper seal is damaged.

**STORAGE:** Keep closed in a cool, dry place out of reach by children.

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**Manufactured for and Distributed by:**  
Seeking Health  
3140 Mercer Ave  
Bellingham, WA 98225  
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P H Y S I C I A N F O R M U L A T E D



Seeking Health®

**Vitamin D<sub>3</sub>**

125 mcg (5000 I.U.)

**Dietary Supplement**

**100 VEGETARIAN CAPSULES**

## Supplement Facts

Serving Size: 1 Capsule

Servings Per Container: 100

	Amount Per Serving	%DV
Vitamin D3 (as cholecalciferol)	125 mcg (5000 IU)	625%
% DV (Daily Value).		

**Other Ingredients:** Microcrystalline cellulose, HPMC (capsule), ascorbyl palmitate, and silica.

**DOES NOT CONTAIN:** Milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, artificial colors, or artificial flavors.

**Vitamin D3 Meets or Exceeds cGMP Quality Standards.**

REV. 102416  
ZCL-SKGHEALTH-027-01

This package is completely recyclable