

**Suggested Use:** For adults, take 1 softgel every other day with a meal or as directed by your qualified healthcare professional.

**NOTE:** Individuals consuming more than 2,000 IU/day of vitamin D should periodically obtain a serum 25-hydroxy vitamin D measurement. If you have a medical condition (especially kidney stones or dysfunction, hyperparathyroidism, hypercalcemia, lymphoma, or sarcoidosis), are pregnant, lactating, trying to conceive, under the age of 18, or taking medications, consult your healthcare professional before using this product.

**Jarrow Formulas® Vitamin D<sub>3</sub>** provides cholecalciferol, which is more biologically active than ergocalciferol (D<sub>2</sub>). Vitamin D<sub>3</sub> is ultimately converted to its hormonally-active form, calcitriol, in the kidneys. Calcitriol enhances dietary calcium and phosphorous absorption, stimulates the synthesis of osteocalcin (an important structural protein in bone), and supports a healthy immune response.\*

**Keep out of the reach of children.**

\* 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.

Lot #: Best Used Before:

**Jarrow**  
F O R M U L A S

**Cholecalciferol**

**Vitamin** In Extra Virgin  
Olive Oil  
**D3** **5000 IU**

**Supports: Calcium and Bone Metabolism\***  
**Immune Function\***

**125mcg**  
(5,000 IU)

**100**  
SOFTGELS

**DIETARY  
SUPPLEMENT**

## Supplement Facts

Serving Size 1 Softgel  
Servings Per Container 100

	Amount Per Serving	% DV
Vitamin D <sub>3</sub> (Cholecalciferol)	125 mcg (5,000 IU)	630%

Other Ingredients: Extra virgin olive oil; softgel consists of bovine gelatin, glycerin and purified water.

No wheat, gluten, soybeans, dairy, egg, fish/shellfish, or peanuts/tree nuts.

**Store in a cool, dry place.**

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Distributed Exclusively by:  
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FILL LINE

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