

Vitamin D3 is a fat-soluble vitamin that helps maintain healthy bones by stimulating the absorption of calcium in the body. The body can make vitamin D3 naturally when exposed to sunlight. During the winter months, however, the body's vitamin D3 stores are low, increasing the risk of having insufficient or deficient levels. Sunscreens also block the body's ability to make this vitamin from the sun.

The American Academy of Pediatrics recently updated their guidelines for vitamin D intake and now recommends a daily intake of 400 IU of vitamin D for all infants, children, and adolescents, starting in the first few days of life.

Our Vitamin D3 400 IU softgels come in a tiny oval softgel fit for kids and young adults. Due to swallowing precautions, it is intended for children age 3 and older.

**WE GUARANTEE OUR SUPPLEMENTS  
FOR POTENCY AND PURITY**

To report a serious adverse event, call 1-888-710-0006

† 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.

# KIDS VITAMIN D3

## 400 IU



Supports Healthy Bones†

Dietary Supplement

## 60 SOFTGELS



## Supplement Facts

Serving Size 1 Softgel

Servings Per Container 60

Amount Per Serving

% Daily Value

Vitamin D3 (from fish liver oil) 400 IU 100%

Other Ingredients: Capsule (gelatin), glycerin, soybean oil.

**SUGGESTED USE:** Take one softgel daily with food.

**CONTAINS NO** artificial colors, flavors, or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts or crustacean shellfish.

KEEP OUT OF REACH OF CHILDREN. VL 169B



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