

Suggested Usage: Take 1 softgel 1 to 2 times daily with food.

NOW® Vitamin D-3 softgels supply this key vitamin in a highly absorbable liquid softgel form. Vitamin D is normally obtained from the diet or produced by the skin from the ultraviolet energy of the sun. However, it is not abundant in food. As more people avoid sun exposure, vitamin D supplementation becomes even more necessary to ensure that your body receives an adequate supply.

***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.**

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children. Natural color variation may occur in this product.

Store in a cool, dry place after opening.

This bottle is made from 100% PCR (post-consumer recycled) resin.

CODE 0364 V12



SOFTGEL
SIZE



Vitamin D-3

400 IU

Bone & Immune Health*

- Supports Healthy Teeth*
- Promotes Muscle Health*

180 Softgels

A Dietary Supplement



Vitamins

Family owned since 1968.

Supplement Facts

Serving Size 1 Softgel

	Amount Per Serving	% Daily Value
Vitamin D (as D ₃ Cholecalciferol) (from Lanolin)	10 mcg (400 IU)	50%

Other ingredients: Extra Virgin Olive Oil, Softgel Capsule [bovine gelatin (BSE-free), glycerin, water] and Safflower Oil.

Manufactured by NOW FOODS, 395 S. Glen Ellyn Rd. Bloomingdale, IL 60108, USA nowfoods.com

Made and quality tested in the USA with globally sourced ingredients.

Not manufactured with yeast, wheat, gluten, soy, corn, milk, egg, fish, shellfish or sesame ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

