

SUGGESTED USAGE: Take 1 softgel every 3 days with a fat-containing meal, or as directed by your healthcare practitioner.

HOW IT WORKS: The major biologic function of vitamin D is to maintain healthy blood levels of calcium and phosphorus.* Vitamin D supports bone health by promoting calcium absorption and bone mineralization.* Vitamin D also plays an important role in immune function and helps to regulate cell growth and differentiation.*

CAUTIONS/INTERACTIONS: Although the upper limit for vitamin D is 4,000 IU per day, comprehensive research demonstrates that higher dosages are safe. However, this product should be taken under the supervision of a healthcare professional. Vitamin D should be used cautiously by those taking cardiac glycosides and anyone with hypercalcemia. Vitamin D supplements may interact with atorvastatin and thiazide diuretics. If you are taking any of these prescription medications, consult your healthcare practitioner before using this product.

Natural color variation may occur in this product.

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**PROTOCOL
FOR LIFE BALANCE®**

**High Potency
Vitamin D₃
10,000 IU**

- **Helps Maintain Strong Bones***
- **Supports Immune System***



120 Softgels
A Dietary Supplement

Supplement Facts

Serving Size 1 Softgel

	Amount Per Serving	% Daily Value
Vitamin D ₃ (as Cholecalciferol) (from Lanolin)	250 mcg (10,000 IU)	1250%

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

Formulated & Distributed by Protocol For Life Balance
395 S. Glen Ellyn Rd., Bloomingdale, IL 60108, USA
protocolforlife.com

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.

*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.