



## DIRECTIONS:

Take 1 capsule daily with a meal, or as directed by a practitioner or pharmacist. Do not exceed recommended daily dose.

Food supplements should not replace a balanced diet and a healthy lifestyle.

## INGREDIENTS:

Vitamin D (Sunflower Seed Oil, Vitamin D3, Antioxidant: dl-alpha Tocopherol), Capsule Shell (Gelatin, Glycerine).

## **NUTRITION INFORMATION**

Typically per capsule: %NRV\* Vitamin D (D3) 1000iu 25µg 500

\*NRV = Nutrient Reference Value

Vitamin D contributes to the maintenance of normal bones, as well as teeth and also to the normal function of the immune system.

Each capsule provides a full 1000iu of vitamin D3.

KEEP AWAY FROM CHILDREN

TO BE TAKEN ON THE ADVICE OF A PRACTITIONER OR PHARMACIST ONLY

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