

**SUGGESTED USE:** Adults and children 4 years or older, as a dietary supplement, take one (1) capsule daily with water.

**KEEP OUT OF REACH OF CHILDREN.**

**DO NOT USE IF SAFETY SEAL IS BROKEN.**

**CHOKING HAZARD—SMALL CAPSULES.  
NOT RECOMMENDED FOR CHILDREN  
UNDER 4 YEARS.**

**IF YOU ARE NURSING, PREGNANT,  
TAKING MEDICATION OR HAVE A MEDICAL  
CONDITION, CONSULT YOUR PHYSICIAN  
BEFORE TAKING THIS PRODUCT.**

Dr. Mercola has been providing quality products since 2001.

10184-v200



# DR. MERCOLA®

## LIPOSOMAL VITAMIN D<sub>3</sub>

**1,000 IU Per Capsule**

**Dietary Supplement**

**30 Capsules**

### Supplement Facts

Serving Size: 1 Capsule

Servings Per Container: 30

	Amount Per Serving	%Daily Value
Vitamin D <sub>3</sub> (as Cholecalciferol)	25 mcg (1,000 IU)	125%

**OTHER INGREDIENTS:** Sunflower Lecithin, Capsule (Hydroxypropyl Methylcellulose), Medium Chain Triglycerides, Sunflower Oil.

**DISTRIBUTED BY:** NHP, 125 SW 3rd Place  
Cape Coral, FL 33991 USA (877) 985-2696