

# Vitamin D3 | 2,000 iu

## Supplement Facts

Serv. Size 1 Organitab

Serv. Per Container 100

Amount per serving

% DV\*

Vitamin D3 (cholecalciferol) 50 mcg (2,000 iu) 250%

\*Percent Daily Values are based on a 2,000 calorie diet

**Other Ingredients** Organic corn maltodextrin, organic potato starch, organic corn syrup solids, organic gum acacia, organic rice extract

Research identifies broad health benefits for vitamin D3. Recommendations for daily intake from diet and supplements range from 1,000 i.u. for infants and 2,000 i.u. for children and adolescents, to 2,000 i.u. and more for adults.†

# Vitamin D3 | 4,000 iu

## Supplement Facts

Serv. Size 1 Organitab

Serv. Per Container 100

Amount per serving

% DV\*

Vitamin D3 (cholecalciferol) 100 mcg (4,000 iu) 500%

\*Percent Daily Values are based on a 2,000 calorie diet

**Other Ingredients** Organic corn maltodextrin, organic potato starch, organic corn syrup solids, organic gum acacia, organic rice extract

Research identifies broad health benefits for vitamin D3. Recommendations for daily intake from diet and supplements range from 1,000 i.u. for infants and 2,000 i.u. for children and adolescents, to 2,000 i.u. and more for adults.†