# Supplements

## Vitamin D 400 IU Water-Dispersible Tablets

Product No. 991

Water-dispersible Vitamin D has known beneficial effects on mineral absorption and bone mineralization. Though sunlight triggers the body's natural Vitamin D "factory," many health professionals have urged people to avoid excessive exposure to the sun. The easily digested dry form of high potency Vitamin D from Nature's Plus supplements the limited dietary sources of this important nutrient. Vitamin D intake has been linked to development and maintenance of strong bones.

**Bottles of 90 #991**

## Supplement Facts

**Serving Size 1 Tablet**

| Ingredient | Amount | % Daily Value |
|---|---|---|
| Vitamin D (as ergocalciferol) | 400 IU | 100 % |

**Other Ingredients:**
Microcrystalline cellulose, di-calcium phosphate, magnesium stearate, riboflavin, pharmaceutical glaze, silica

* Percent of Daily Value based on a 2,000 calorie diet.
† Daily Value (DV) not established.

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