



FOUNDATIONS D

Foundations D is a natural, soy-free, bioidentical vitamin D supplement. Vitamin D, considered both a hormone and a vitamin, is manufactured in response to skin's exposure to sunlight and is essential to the body's absorption of calcium. Natural vitamin D3 (cholecalciferol) is four times more potent than synthetic vitamin D2.* In Latin, calciferol means "calcium carrier." Additionally, vitamin D has been the subject of numerous studies for its effect on the immune system by promoting phagocytosis and immunomodulatory functions.*

Amount Per Serving

Vitamin D3 (as cholecalciferol) (5,000 IU)	125 mg
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Other Ingredients:

Safflower oil, gelatin (bovine), glycerin, vitamin D3, purified water.

Does Not Contain: Milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, soy, artificial colors, sweeteners or preservatives.

Caution: Keep out of reach of children.

Storage: Keep tightly closed in a cool, dry place.



Specifications

Serving Size 1 Softgel • Servings Per Container 90

Directions

Take one softgel once per day or as directed by your healthcare practitioner.



GLUTEN FREE



SOY FREE

To contact Dr Kathy Health LLC contact
918-274-9111 or www.drkathysays.com

Consult with your health-care practitioner about your
specific circumstances and any questions you may have.

*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.

DrKathy[®]
Health