

Scan for
product info

Read the entire label and follow the directions carefully prior to use.

DIRECTIONS: Take one (1) capsule once daily with food, or as recommended by a healthcare practitioner.

CAUTION: Individuals consuming more than 2,000 IU/day of vitamin D (from diet and supplements) should periodically obtain a serum 25-hydroxy vitamin D measurement. Do not exceed 10,000 IU per day unless recommended by your doctor. Vitamin D supplementation is not recommended for individuals with high blood calcium levels. If you have a thyroid condition or are taking antithyroid medications, do not use without consulting your healthcare practitioner. If you are taking anticoagulant or antiplatelet medications, or have a bleeding disorder, consult with your healthcare provider before taking this product.

WARNINGS:

- KEEP OUT OF REACH OF CHILDREN.
- DO NOT EXCEED RECOMMENDED DOSE.
- Do not purchase if outer seal is broken or damaged.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

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.



Q02040A

LifeExtension®

Vitamins D and K with Sea-Iodine™



Iodine with Sea Plant Complex

Dietary
Supplement

1
DAILY

60 Capsules

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	% Daily Value	
Vitamin D3 (as cholecalciferol)	5000 IU	1250%
Vitamin K activity from:	2100 mcg	2625%
Vitamin K1 (as phytonadione)	1000 mcg	
Vitamin K2 (as menaquinone-4)	1000 mcg	
Vitamin K2 (as all- <i>trans</i> menaquinone-7) ...	100 mcg	
Iodine [from Sea-Iodine™ Complex Blend (organic kelp and bladderwrack extracts, potassium iodide)]	1,000 mcg	667%

Other ingredients: microcrystalline cellulose, vegetable cellulose (capsule), maltodextrin, modified food starch, dicalcium phosphate, stearic acid, silica.

Contains soybeans.

Manufactured for: **Quality Supplements and Vitamins, Inc.**
Ft. Lauderdale, Florida 33309 • LifeExtension.com
To report a serious adverse event or obtain product information, contact 1-866-280-2852.

Non-GMO

Store tightly closed in a cool, dry place.