

See below for lot number and optimal potency use by date.

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 are taking anticoagulant or antiplatelet medications, or have a bleeding disorder, consult with your healthcare provider before taking this product.

Store tightly closed in a cool, dry place.

Non-GMO

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.

Q01840WC



LifeExtension®

Vitamins D and K



Vitamin Combination for Healthy Bones*

Dietary Supplement

1 DAILY

60 Capsules

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	% Daily Value	
Vitamin D3 (as cholecalciferol)	3000 IU	750%
Vitamin K activity from:	600 mcg	750%
Vitamin K1 (as phytonadione).....	500 mcg	
Vitamin K2 (as all-trans menaquinone-7)....	100 mcg	

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

Manufactured for:

Quality Supplements and Vitamins, Inc.

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To report a serious adverse event or obtain product information, contact 1-866-280-2852.

*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.