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Forzia™ provides 125 mcg (5,000 IU) per softgel of vitamin D (as D₃), designed for greater absorption. This potent formula also includes bioavailable forms of vitamin K₂ (menaquinone-7) to complement vitamin D.

Directions: Take one softgel daily or as directed by your healthcare practitioner. Do not exceed recommended dosage unless directed by your healthcare practitioner.

This product is non-GMO and gluten-free.

Warning: If pregnant or nursing, taking other nutritional supplements or medications, or if taking anticoagulants, consult your healthcare provider before use. Keep out of the reach of children.

Notice: This product contains vitamin D at a level that exceeds the adult tolerable upper intake level. It is highly recommended that serum 25(OH)- and 1,25(OH)₂-vitamin D be monitored every 60-90 days while consuming this product to ensure that levels remain in an acceptable range.

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

This product is manufactured in a facility that produces products containing wheat, soy, milk, egg, tree nuts, fish, and crustacean shellfish.



Metagenics®

Forzia™

Potent, Bioactive Vitamin D
with Vitamin K



DIETARY
SUPPLEMENT

60 SOFTGELS

PRACTITIONER EXCLUSIVE

Supplement Facts

Serving Size 1 Softgel
Servings Per Container 60

Amount Per Serving	% Daily Value	
Vitamin D (as cholecalciferol)	125 mcg (5,000 IU)	625%
Vitamin K (as phytonadione USP)	20 mcg	17%
Menaquinone-7 (MK-7)	90 mcg	*

*Daily Value not established.

Other Ingredients: Olive oil, gelatin, glycerin, beeswax, water, annatto extract (color), and zinc oxide (color).

DISTRIBUTED BY: METAGENICS

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