

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 50 mcg (2,000 IU)/day of vitamin D (from diet and supplements) should periodically obtain a serum 25-hydroxy vitamin D measurement. Do not exceed 250 mcg 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.



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**LIFE
EXTENSION®**

Vitamins D and K

with Sea-Iodine™



GLUTEN FREE



DAILY



NON
GMO
LE CERTIFIED

Iodine with Sea Plant Complex

60 CAPSULES | DIETARY
SUPPLEMENT

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	% Daily Value
Vitamin D3 (as cholecalciferol)	125 mcg 625%
Vitamin K activity from:	2100 mcg 1750%
Vitamin K1 (as phytonadione)	1000 mcg
Vitamin K2 (as menaquinone-4)	1000 mcg
Vitamin K2 (as <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.

Manufactured for: **Quality Supplements and Vitamins, Inc.**
Ft. Lauderdale, FL 33309
LifeExtension.com

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

Store tightly closed in a cool, dry place.