

Recommended intake: One tablespoon taken daily with a meal, a few hours before or after taking medications or other supplements, or as professionally directed. Shake well before each use. Do not refrigerate.

Warning: If you are pregnant or lactating, do not use. If you are taking blood thinners or any medication, have been diagnosed with estrogen-dependent cancer, or have any health condition, consult your health professional before use. CAUTION: Accidental overdose of liquid vitamin D products can lead to serious adverse side effects in infants. THIS PRODUCT IS NOT INTENDED FOR INFANTS. The recommended daily dose of vitamin D for infants is 10 mcg (400 IU). This product delivers 25 mcg (1,000 IU) of vitamin D per dose.

Use only if safety seal is intact. Store in a cool, dry place. Contents may not fill package in order to accommodate required labeling. Please rely on stated quantity.

Keep out of the reach of children.



CAL MAG BERRY LIQUID +

dietary supplement natural blueberry flavor 100% citrate minerals with vitamins A, D and K

15.2 fl oz (450 ml)

Supplement Facts

Serving Size 1 Tablespoon (15 ml) Servings Per Container about 30

| Amount | per serving | % DV |
|---|-------------|------|
| Total Carbohydrate | 1 g | <1%^ |
| Vitamin A (as vitamin A acetate) | 300 mcg | 33% |
| Vitamin D (as cholecalciferol) 25 mcg | (1,000 IU) | 125% |
| Vitamin K ₁ (as phylloquinone) | 80 mcg | 67% |
| Calcium (as calcium citrate) | 500 mg | 38% |
| Magnesium (as magnesium citrate) | 200 mg | 48% |
| Boron (as boron citrate) | 2,000 mcg | * |
| Vitamin K ₂ (as menaquinone-7) | 20 mcg | * |

^{* %} Daily Value (DV) not established

^ Daily Values (DV) are based on a 2,000 calorie diet

Other ingredients: Purified water, xylitol, natural blueberry flavor, medium-chain triglycerides, citric acid, xanthan gum, potassium sorbate, organic stevia leaf extract (glucosylsteviosides), rosemary leaf extract, ascorbic acid, mixed tocopherol concentrate