



Suggested Use: As a dietary supplement, adults take 3 tablets daily with a meal, or take as directed by your health care professional. Optimally, for the first 15 days, double the dose. Best results obtained with daily use.

Supplement Facts

Serving Size 3 Tablets

Servings Per Container 30

Amount Per Serving	% Daily Value*	
Vitamin C (as magnesium ascorbate)	360 mg	600%
Vitamin D3 (as cholecalciferol)	800 IU	200%
Vitamin K2 (as VitaMK7® Menaquinone-7)	100 mcg	125%
Calcium (as calcium carbonate and calcium citrate)	450 mg	45%
Magnesium (as TRAACS® Magnesium Glycinate Chelate Buffered Powder, magnesium oxide and magnesium ascorbate)	450 mg	113%
Boron (as boron citrate/aspartate/glycinate complex)	6 mg	†
Ipriflavone (as 7-Isopropoxy-isoflavone)	150 mg	†

† Daily Value not established

* Daily Values are based on a 2,000 calorie per day diet.

Other Ingredients: Microcrystalline cellulose, stearic acid, magnesium stearate, croscarmellose sodium, aqueous film coating (purified water, hydroxypropyl methylcellulose, polyethylene glycol), and titanium dioxide.

Contains: Soybeans.

VitaMK7® is a registered trademark of Gnosis S.p.a. and Distributed by AHD International, LLC.

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Warning: This product contains Vitamin K, which interferes with the prescription drugs Coumadin and Warfarin. Do not take this if taking either of these drugs.