



Suggested Use: As a dietary supplement, take 2 capsules daily. FOR DAILY USE.

Supplement Facts

Serving Size 2 Vegetarian Capsules
 Servings Per Container 30

Amount Per Serving	% Daily Value	
Vitamin D3 (as Cholecalciferol)	125 mcg (5,000 IU)	625%
Biotin	2,000 mcg	6,667%
Magnesium (as Magnesium Citrate)	125 mg	30%
Zinc (as Zinc Monomethionine OptiZinc®)	10 mg	91%
<hr/>		
Vitamin K2 (as Menaquinone-4 (MK-4) and Menaquinone-7 (vitaMK7®))	80 mcg	†
L-Taurine	100 mg	†
Quercetin	30 mg	†
Boron (as Calcium Fructoborate FruiteX-B®)	2 mg	†
Lutein (as FloraGLO® Lutein)	10 mg	†

† Daily Value not established.

Other Ingredients: Hypromellose, vegetable magnesium stearate, silica, microcrystalline cellulose.

OptiZinc® is a registered trademark of InterHealth Nutraceuticals Incorporated.

FruiteX-B® is a registered trademark of Future Ceuticals.

Floraglo® is a registered trademark of Kemin Industries, Inc.

vitaMK7® is a registered trademark of Gnosis.

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.

Note: If you suffer from sarcoidosis, primary hyperparathyroidism, hypercalcemia, or are taking anticoagulant medications ("blood thinners"), please consult a physician before taking.

