



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 D (as cholecalciferol)	125 mcg (5,000 IU)	625%
Magnesium (as magnesium oxide and citrate)	125 mg	30%
Zinc (as zinc monomethionine OPTIZINC®)	10 mg	91%
Vitamin K2 (as Menaquinone-4 (MK-4) and Menaquinone-7 (VitaMK7®))	80 mcg	†
Purity's Vitamin D Co-Factor Blend	132 mg	
L-Taurine		†
Quercetin		†
Boron (as calcium fructoborate FruiteX-B®)		†

† Daily Value not established.

Other Ingredients: Microcrystalline cellulose, hypromellose, vegetable magnesium stearate, silica.

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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.

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

Store in a cool, dry place.