



Suggested Use: As a dietary supplement, adults take 3 tablets daily with a meal. Optimally, take two servings daily for the first 15 days. FOR DAILY USE.

Supplement Facts

Serving Size 3 Tablets

Servings Per Container 30

Amount Per Serving	% Daily Value**	
Vitamin D (as cholecalciferol)	1000 IU	250%
Vitamin K2 (as MenaQ7® Menaquinone-7)	45 mcg	56%
Biotin	2500 mcg	833%
Calcium (as calcium citrate)	600 mg	60%
Magnesium (as magnesium oxide, magnesium citrate)	400 mg	100%
FruiteX-B™ PhytoBoron (providing 6 mg of boron)	240 mg	†

† Daily Value not established.

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

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

FruiteX-B™ is a trademark of FutureCeuticals, U.S. Patent #5,962,049.

FutureCeuticals' Proprietary PhytoBoron compound FruiteX-B™ is the only natural form boron complex identical to naturally occurring boron complexes found in fruit, vegetables and nuts.

MenaQ7® is a trademark of NattoPharma, Norway.