



Suggested Use: As a dietary supplement, adults take 3 tablets daily in the late evening (or before bed), or take as directed by your health care professional.

Supplement Facts

Serving Size 3 Tablets
Servings Per Container 30

Amount Per Serving	% Daily Value	
Vitamin D (as cholecalciferol)	25 mcg (1000 IU)	125%
Vitamin K (as vK2™ Menaquinone-4)	80 mcg	67%
Calcium (as calcium citrate, carbonate)	400 mg	31%
Magnesium (as magnesium citrate, oxide)	400 mg	95%
Zinc (as L-OptiZinc® mono-L-methionine)	11 mg	100%
Melatonin	1 mg	†
Boron (from 113 mg FruiteX-B® PhytoBoron)	3 mg	†
<i>trans</i> -Resveratrol (from <i>Polygonum cuspidatum</i> root extract)	10 mg	†

† Daily Value not established.

Other ingredients: Microcrystalline cellulose, croscarmellose sodium, vegetable stearic acid, vegetable stearate, cellulose, silica, vegetable glycerin.

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