Suggested Use: As a dietary supplement, adults take 4 tablets daily with a meal.

Supplement Facts

Serving Size 4 Tablets
Servings Per Container 30

Amount Per Serving		% Daily Value
Vitamin D (as cholecalciferol)	25 mcg (1,000 IU)	125%
Vitamin K2 (as Menaquinone-7 (MK-7) and Menaquinone-4 (MK-4))	80 mcg	67%
Calcium (from egg shell calcium)	500 mg	38%
Magnesium (as magnesium oxide)	400 mg	95%

† Daily Value not established.

Other ingredients: Microcrystalline cellulose, dicalcium phosphate, silica, croscarmellose sodium, hypromellose, stearic acid, vegetable stearate and titanium dioxide.

Contains egg or egg products.

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.

Keep out of reach of children. Store in a cool, dry place. Do not use if safety seal is broken.