

SUGGESTED USE: As a dietary supplement, take 1 to 4 capsules per day. You may want to take all your capsules with your first meal. However, it is not absolutely necessary to take this product with a meal because of the addition of medium-chain triglycerides and bile salts.

CAUTION: Do not exceed the recommended dose or take more than 3 capsules at bedtime. Pregnant or nursing mothers, children under the age of 18, and individuals with known medical conditions should consult a physician before using this or any dietary supplement.

DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING. STORE IN A COOL, DRY PLACE, WITH A LID.

† This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Developed and distributed by Dr. Eric Berg DC

To reorder: shop.drberg.com (800-816-8184)

Dr. Berg Nutritionals
4501 Ford Avenue, Alexandria, VA 22302



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Dr. Berg

THE KNOWLEDGE DOC™

DIETARY SUPPLEMENT

D3 & K2 VITAMIN

Supports a healthy cardiovascular system†

10,000 IU vitamin D3 per serving

100 mcg vitamin K2 per serving

120
CAPSULES

Supplement Facts

Serving size: 1 vegetable capsule

Servings per container: 120

	Amount per Serving	% DV*
Vitamin D (as D3 cholecalciferol)	250 mcg 10,000 IU	1250%
Vitamin K2 (from MK-7, menaquinone-7)	100 mcg	83%
Vitamin B6 (from pyridoxal 5-phosphate)	30 mg	1765%
Zinc (from zinc sulfate)	20 mg	182%
Magnesium (from magnesium citrate)	25 mg	6%
Medium-chain triglycerides	10 mg	**
Ox bile (45% cholic acid)	5 mg	**

*Percent Daily Values are based on a 2000 calorie diet.

**Daily Value not established.

Other ingredients: Microcrystalline cellulose, vegetable capsule