

Vitamins D3 and K2 are fat-soluble vitamins that play many important roles in regular health maintenance including bone health.*

Bone Health: This robust formula delivers the most sought-after bone health essentials, including Vitamin D3, Vitamin K2 (as MK-7), Magnesium, Zinc, and Bamboo Extract, which supplies Silica — an essential component of healthy bones.*

Immune Support: Vitamin D3 and Zinc play critical roles in maintaining a healthy immune response.* These are combined with extracts of Turmeric and Eleuthero — both commonly featured in traditional immune-support formulas.*

Mood Support: Emerging research suggests that Vitamin D3, known as the "Sunshine Vitamin," may be involved in mood regulation.*

High Potency Mega D3 & K2 + Turmeric Extract can be taken daily to support bone health, immune function and a positive mood.*

What makes us different:

Liquid Soft-Gels - The nutrients in these easy-to-swallow Liquid Soft-Gels are released fast. Other forms of delivery can contain binders and fillers that may cause stomach upset and offer no nutritional value. Advanced Liquid Soft-Gels provide an optimum delivery system.

Quality Assurance - Irwin Naturals® is committed to providing the highest quality products for your health. We employ compliance testing to ensure purity and potency.

*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



Global Responsibility - Over the years we have donated to organizations that support the environment and the health of our children.



Patented BioPerine® - Our special BioPerine Complex enhances the bioavailability, absorption and potency of many nutrients.*

Usage Warnings: Do not use if safety seal is broken. Check with your doctor before using this product if you are using medication or have any medical conditions. Do not use if you have a bile duct obstruction. Do not use if you may become pregnant, are pregnant or nursing. Do not exceed recommended daily intake. Not intended for use by persons under 18. **KEEP OUT OF REACH OF CHILDREN.** Store in a cool, dry place.

NOTICE: Vitamin K should not be used by individuals with liver disease, kidney disease and/or blood disorders. Those individuals currently taking anticoagulant medications such as Coumadin (Warfarin) should consult with their doctor before taking supplemental Vitamin K.

QUESTIONS: Contact Consumer Affairs
1-800-297-3273 • Weekdays 8:00 AM to 5:00 PM (PST)
Questions@IrwinNaturals.com



Highly Specialized Products:
www.IrwinNaturals.com

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**ADVANCED
ABSORPTION**



HIGH POTENCY Mega D3 & K2 + Turmeric Extract



**Plus Magnesium,
Zinc, Bamboo Extract
and Omega Oil**

60 LIQUID SOFT-GELS

DIETARY SUPPLEMENT

Full Disclosure Ingredient Panel

DIRECTIONS: (Adult) Take two (2) Liquid Soft-Gels daily with a meal and a full glass (8oz) of water.

Supplement Facts

Serving Size: 2 Liquid Soft-Gels
Servings per Container: 30

	Amount per Serving	%Daily Value
Calories	20	
Total Fat	1 g	2%**
Total Carbohydrates	1 g	<1%**
Protein	1 g	
Vitamin D3 (as Cholecalciferol)	100 mcg (4000 IU)	500%
Magnesium (as Magnesium Citrate)	100 mg	24%
Zinc (as Zinc Citrate)	15 mg	136%
Flaxseed Oil (seed)	1100 mg	†
Eleuthero (<i>Eleutherococcus senticosus</i>) extract (4:1)(root)	100 mg	†
Bamboo (<i>Bambusa vulgaris</i>) extract (70% silica, 20 mg/stem and leaf)	28.6 mg	†
Turmeric extract (95% curcuminoids, 23.75 mg)(root)	25 mg	†
Vitamin K2 (as Menaquinone-7 (MK-7))	120 mcg	†
BioPerine Complex	6 mg	†
BioPerine® Black Pepper extract (95% piperine)(fruit), Ginger extract (5% gingerols)(rhizome)		

**% Daily Value based on a 2,000 calorie diet

†Daily Value not established

Other Ingredients: Gelatin, purified water, glycerin, medium chain triglyceride (MCT) oil, beeswax, St. John's bread (carob)(color), soy lecithin, maltodextrin, titanium dioxide (color) and carboxymethyl cellulose.

Contains: Soy, Tree Nuts (coconut, palm kernel)

®BIOPERINE® is a registered trademark of Sabinsa Corporation.

No preservatives added.

DISTRIBUTED, FORMULATED and QUALITY TESTED by:
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