



Vitamin D

5,000 IU Vitamin D3

Ancient Superfoods
Adaptogenic Herbs

WHOLE FOOD DIETARY SUPPLEMENT | 60 CAPSULES

Suggested Use: Adults take 1 capsule per day.

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 60

	Amount Per Serving	%DV
Vitamin D3*	125 mcg (5,000 IU)	625%
Vitamin K2 (as menaquinone-7)	90 mcg	75%

Ancient Nutrients TCM Blend

+
Bovine Liver, Organic Astragalus Extract, Beef Bone Broth,
Chicken Bone Broth, Organic Schisandra Berry Extract, Organic
Lion's Mane (*Hericium erinaceus*) Extract, Organic Reishi
Mushroom Extract, Wild Hake Roe.

+ Daily Value (DV) not established.

Other ingredients: Beef gelatin.

CONTAINS: Fish (Hake). *Nutrient fermented from *Saccharomyces cerevisiae*

Produced on equipment that also processes peanuts, tree nuts, milk, soybean, wheat, sesame, shellfish, egg, fish.

WARNING: If you are pregnant, nursing, allergic, have a medical condition, or taking any medications, consult a doctor before using this or any other dietary supplement. Do not use if inner safety seal is broken or missing.

Keep out of reach of children.

Color and odor may vary from lot to lot. Store in a cool, dry place.

NOTICE: Use this product as a food supplement only. Do not use for weight reduction.

Manufactured for:
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