

DISTRIBUTED BY SWANSON HEALTH PRODUCTS

Fargo, ND 58104 USA • 1-800-437-4148

or visit our website at www.swanson.com

Suggested use: As a dietary supplement, take one veggie capsule per day with food and water.

Vitashine™ is a trademark of ESB Developments LTD.



WARNING: For adults only. Do not take this product if you have a renal disorder or if you are pregnant or nursing. Consult your healthcare provider before use if you have a medical condition or if you are taking medication, especially blood-thinning medication. Keep your healthcare provider informed while taking this product to monitor vitamin D blood levels. Do not exceed recommended dose.

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

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



Extra Strength Vitamins D3 & K2

Bone and Immune Health**

2-in-1 formula

VEGAN

DIETARY SUPPLEMENT | 60 VEGGIE CAPS

Supplement Facts

Serving Size 1 Veggie Capsule

Amount Per Serving	% Daily Value
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Vitashine™	125 mcg	625%
Vitamin D3 (vegan cholecalciferol) (from lichen)		

Vitamin K2	100 mcg	*
[menaquinone-7 (MK-7)]		

*Daily Value not established.

Other ingredients: Rice flour, hypromellose (vegetarian capsule), maltodextrin, microcrystalline cellulose (plant fiber), cornstarch, silica.

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