

**DIRECTIONS:** Take one capsule daily, preferably at mealtime, or as directed by your healthcare practitioner.

Consult your healthcare practitioner prior to use. Individuals taking medication should discuss potential interactions with their healthcare practitioner. Consider total vitamin K intake (food + supplements) if you are taking blood-thinning medication. Do not use if tamper seal is damaged.

**Vitamin D 5000 and K-2 90** features the most bioavailable and bioactive form of supplemental vitamin K2 available and vitamin D3 (cholecalciferol), the identical form in which vitamin D is derived in the body from cholesterol and synthesized by sunlight on the skin. Studies confirm safety and efficacy for bone and heart health.\*

**\*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.**

**STORAGE:** Keep closed in a cool, dry place out of reach of children.

**DOES NOT CONTAIN:** Wheat, gluten, yeast, soy protein, dairy products, fish, shellfish, peanuts, tree nuts, egg, ingredients derived from genetically modified organisms (GMOs), artificial colors, artificial sweeteners, or artificial preservatives.



## Vitamin D 5000 and K-2 90

Bioavailable Vitamins K2  
(as MK-7) and D3\*

DIETARY SUPPLEMENT  
120 VEGETARIAN CAPSULES

## Supplement Facts

Serving Size: 1 Capsule

Servings Per Container: 120

|                               | Amount Per Serving | %Daily Value |
|-------------------------------|--------------------|--------------|
| Vitamin D3 (cholecalciferol)  | 125 mcg (5000 IU)  | 625%         |
| Vitamin K2 (as menaquinone-7) | 90 mcg             | 75%          |

**Other Ingredients:** HPMC (capsule), microcrystalline cellulose, ascorbyl palmitate, and silica.

Professional Use Only

Manufactured in a GMP compliant facility.

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