

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.

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.

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

Developed and distributed by
Dr. Eric Berg DC

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Dr. Berg Nutritionals®
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Dr. Berg®
THE KNOWLEDGE DOC

D3 & K2 VITAMIN

10,000 IU vitamin D per serving
100 mcg vitamin K per serving

120 Capsules
Dietary Supplement

Supplement Facts

Serving size: 1 capsule

Servings per container: 120

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

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

**Daily Value not established.

Other ingredients: Vegetable capsule, microcrystalline cellulose, magnesium stearate (vegetable source)

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