## 3-in-1 Formula:

- 1. Vitamin D3 from Lichen the only sustainable, plant-based source.
- 2. Vitamin K2 as Menaquinone-7 (MK-7), the most bioavailable form of K2.
- 3. Whole Food blend of fruits & veggies including avocado, spinach, broccoli, and swiss chard. These foods typically contain naturally-occurring Vitamin K.

Caution: Keep out of reach of children. As with any supplement, if you are pregnant, nursing or taking medication, consult your doctor before using this product. Store in a cool, dry place.

Do not use if safety seal under the lid is broken or missing.

\*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.



NO GMOs



NO SOY



NO GLUTEN



VEGAN FRIENDLY



PROUD SUPPORTER



NO COLORING,
PRESERVATIVES
OR FLAVORING



Suggested Use: Adults take one (1) capsule per day with a meal and a glass of water.

## Supplement Facts

Serving Size 1 Capsule Servings Per Container 60

Amount Per Serving		%DV
Vitamin D3 (as Vegan Cholecalciferol from Wild-harvested Lichen)	125 mcg (5000 IU)	625%
Vitamin K2 (as Menaquinone MK-7)	120 mcg	**
Organic Whole Food Blend Organic Avocado (Fruit) Organic Broccoli (Stem & Floret) Organic Kale (Whole Plant) Organic Kiwi (Fruit) Organic Spinach (Leaf & Stalk) Organic Swiss Chard (Leaf)	30 mg	**

\*\*Daily Value (DV) not established.

Other Ingredients: Organic Rice Bran Extract, Hypromellose (Vegetarian Capsule), Tapioca Dextrin, Organic Rice Fiber, Cellulose, Silica.

Does NOT contain GMOs, soy, gluten, milk, eggs, fish, shellfish, peanuts, tree nuts or sesame.

## Formulated and distributed by:

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