



Liquid D and K

A Dietary Supplement



**Douglas
Laboratories®**

**1.0 fl. oz.
(30 ml)**

Supplement Facts

Serving Size 1 dropper (1 ml)
Servings per container 30

Amount Per Serving		%DV
Vitamin D-3 (cholecalciferol)	1,000 IU	250%
Vitamin K	1,545 mcg	1,931%
as		
Vitamin K-2 (MK-4)	1 mg (1,000 mcg)	
Vitamin K-1	500 mcg	
Vitamin K-2	45 mcg	
(MK-7, as MenaQ7) [from soy]		

Other ingredients: Water, medium chain triglycerides, sunflower oil, cellulose, natural vanilla flavor, xanthan gum, potassium sorbate and stevia.

Manufactured in Canada for:
Douglas Laboratories • 600 Boyce Road
Pittsburgh, PA 15205 USA • www.douglaslabs.com

This product contains NO yeast, wheat gluten, milk/dairy, sodium, sugar, starch, artificial coloring, preservatives or flavoring.

Suggested Usage: As a dietary supplement, adults take 1 dropper (1 ml) daily or as directed by your healthcare professional.

KEEP OUT OF REACH OF CHILDREN

Warning: This product contains vitamin K, which interferes with the prescription drugs Coumadin and Warfarin. Do not take this if taking either of these drugs.

MenaQ7
(menaquinone-7)
Natural Vitamin K2

Mena Q7™ is a trademark of NattoPharma, Norway. Patents Pending.

For optimal storage conditions,
store in a cool, dry place.
(59°-77°F/15°-25°C)
(35-65% relative humidity).

Tamper resistant package,
do not use if outer seal is missing.

REFRIGERATE AFTER OPENING



Formula #57302