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product info

Read the entire label and follow the directions carefully prior to use.  
**DIRECTIONS:** Take one (1) capsule once daily with food, or as recommended by a healthcare practitioner.

**CAUTION:** Individuals consuming more than 2,000 IU/day of vitamin D (from diet and supplements) should periodically obtain a serum 25-hydroxy vitamin D measurement. Do not exceed 10,000 IU per day unless recommended by your doctor. Vitamin D supplementation is not recommended for individuals with high blood calcium levels. If you have a thyroid condition or are taking antithyroid medications, do not use without consulting your healthcare practitioner. If you are taking anti-coagulant or anti-platelet medications, or have a bleeding disorder, consult with your healthcare provider before taking this product.

Store tightly closed in a cool, dry place.

**WARNINGS:**

- KEEP OUT OF REACH OF CHILDREN.
- DO NOT EXCEED RECOMMENDED DOSE.
- Do not purchase if outer seal is broken or damaged.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.



Q01741C

# LifeExtension®

## Vitamins D and K with Sea-Iodine™



### Iodine with Sea Plant Complex

Dietary  
Supplement

60 Capsules

## Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	% Daily Value	
Vitamin D3 (as cholecalciferol)	5000 IU	1250%
Vitamin K activity from:	1100 mcg	1375%
Vitamin K2 (as menaquinone-4)	1000 mcg	
Vitamin K2 (as menaquinone-7)	100 mcg	
Iodine [from Sea-Iodine™ Complex Blend (organic kelp and bladderwrack extracts, potassium iodide)]	1,000 mcg	667%

**Other ingredients:** microcrystalline cellulose, vegetable cellulose (capsule), maltodextrin, modified food starch, dicalcium phosphate, vegetable stearate, silica.

Manufactured for:  
**Quality Supplements and Vitamins, Inc.**  
Ft. Lauderdale, Florida 33309  
LifeExtension.com

To report a serious adverse event or obtain product information, contact 1-866-280-2852.

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.