

SUGGESTED USE: As a dietary supplement, take 1 to 2 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.

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

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.

Developed and distributed by Dr. Eric Berg DC
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Rev. US 00



Dr. Berg[®]
THE KNOWLEDGE DOC

D3 & K2 VITAMIN

5,000 IU vitamin D3 per serving
50 mcg vitamin K2 per serving

60 Capsules
Dietary Supplement

Supplement Facts

Serving size: 1 capsule
Servings per container: 60

	Amount per Serving	%DV*
Vitamin D (as D3 cholecalciferol)	125 mcg (5,000 IU)	625%
Vitamin K2 (from MK-7, menaquinone-7)	50 mcg	42%
Vitamin B6 (from pyridoxal 5-phosphate)	15 mg	883%
Magnesium (from magnesium citrate)	12.5 mg	3%
Zinc (from zinc sulfate)	10 mg	91%
Medium-chain triglycerides	5 mg	**
Ox bile (45% cholic acid)	2.5 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)

