



Supplement Facts

Serving Size: 1 capsule Serving Per Container 28

	AM Packet		PM Packet	
Ingredient	Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin D3 (as cholecalciferol from lichen)			3000 IU (75mcg)	375%
Vitamin K2 (as MK-4 Menaquinone)			50mcg	*
Vitamin K2 (as MK-7 Menaquinone)			50mcg	*
* Daily Value not established				

Other Ingredients: Veggie capsule (Hypromellose capsule), Magnesium Glycinate, L-leucine

Contains No: Animal Products, Artificial Colors or Flavors, Dairy, Gluten, Preservatives, Sugar, Yeast, Soy, Fish/Shellfish, Nuts, Eggs, GMOs, Ses Suggested Use: Take 1 capsul once daily as a dietary supplement with food or as directed by a healthcare professional

CAUTION: Keep out of reach of children. If you are pregnant or nursing, consult your physician before taking this product.