

**SUGGESTED USE:** Adults, as a dietary supplement, take one (1) capsule daily with a meal.

**WARNING: IF YOU ARE TAKING ANTICOAGULANTS SUCH AS WARFARIN (COUMADIN®), DO NOT USE.**

**KEEP OUT OF REACH OF CHILDREN.**

**DO NOT USE IF SAFETY SEAL IS BROKEN.**

**IF YOU ARE NURSING, PREGNANT, TAKING MEDICATION OR HAVE A MEDICAL CONDITION, CONSULT YOUR PHYSICIAN BEFORE TAKING THIS PRODUCT.**

Dr. Mercola has been providing quality products since 2001.

10163-v200



# DR. MERCOLA®

## VITAMINS D<sub>3</sub> & K<sub>2</sub>

**5,000 IU Vitamin D<sub>3</sub>  
180 mcg Vitamin K<sub>2</sub> (MK-7)  
Per Capsule**

**Dietary Supplement**

**30 Capsules**

### Supplement Facts

Serving Size: 1 Capsule  
Servings Per Container: 30

	Amount Per Serving	% Daily Value
Vitamin D <sub>3</sub> (as Cholecalciferol)	125 mcg (5,000 IU)	625%
Vitamin K <sub>2</sub> [as Menaquinone-7 (MK-7, from Chickpea)] <sup>^</sup>	180 mcg	150%

**OTHER INGREDIENTS:** Rice Hull, Glycerol Monostearate, Capsule (Hydroxypropyl Methylcellulose), Maltodextrin, Modified Starch, Sucrose, Ascorbyl Palmitate, Rosemary (Leaf) Extract.

**DISTRIBUTED BY:** NHP  
125 SW 3rd Place  
Cape Coral, FL 33991 USA  
(877) 985-2696



<sup>^</sup>MenaQ7® is a registered trademark of NattoPharma, Norway.