

**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.

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**DR. MERCOLA®**  
PREMIUM SUPPLEMENTS

# VITAMINS D & K2

5,000 IU Vitamin D

180 mcg Vitamin K2 (MK-7)

**Dietary Supplement**

**30 Capsules**

## Supplement Facts

Serving Size: 1 Capsule

Servings Per Container: 30

	Amount Per Serving	% Daily Value
Vitamin D (Vitamin D <sub>3</sub> ) (as Cholecalciferol)	5,000 IU	1,250%
Vitamin K (Vitamin K <sub>2</sub> ) (as Menaquinone-7 [MK-7]) (from Chickpea)^	180 mcg	220%

**OTHER INGREDIENTS:** Capsule (Hydroxypropyl Methylcellulose), Microcrystalline Cellulose, Calcium Laurate, Silicon Dioxide.



SOY  
FREE

**FORMULATED AND DISTRIBUTED BY:**

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^MenaQ7® is a registered trademark of NattoPharma, Norway.