

DIRECTIONS: TAKE FOUR (4) TABLETS DAILY, PREFERABLY WITH MEALS.

Supplement Facts

Serving Size 4 Tablets

	AMOUNT PER SERVING	%DV*
VITAMIN D3 (AS CHOLECALCIFEROL)	400 IU	100%
VITAMIN K (AS PHYLLOQUINONE)	60 µg	75%
CALCIUM (AS CITRATE AND CARBONATE)	800 mg	80%
MAGNESIUM (AS CITRATE, AMINO ACID CHELATE AND OXIDE)	400 mg	100%
BORON (AS CITRATE)	1.32 mg	†
SILICON (AS AMINO ACID COMPLEX)	9 mg	†

* PERCENT DAILY VALUES ARE BASED ON A 2,000 CALORIE DIET.
† DAILY VALUE NOT ESTABLISHED.

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OTHER INGREDIENTS: MODIFIED CELLULOSE, MICROCRYSTALLINE CELLULOSE, ASCORBYL PALMITATE, DEXTRIN, CROSCARMELLOSE SODIUM, DEXTROSE, SOY LECITHIN, SODIUM CITRATE.

LABORATORY TESTED, QUALITY GUARANTEED. MEETS USP SPECIFICATIONS FOR POTENCY, UNIFORMITY, AND DISINTEGRATION, WHERE APPLICABLE.

KEEP OUT OF REACH OF CHILDREN. CONSULT YOUR PHYSICIAN IF YOU ARE PREGNANT, NURSING, TAKING A PRESCRIPTION DRUG, OR HAVE A MEDICAL CONDITION.