

Full Disclosure Ingredient Panel

DIRECTIONS: (Adult) Take two (2) Liquid Soft-Gels daily with a meal and a full glass (8oz) of water.

Supplement Facts

Serving Size: 2 Liquid Soft-Gels
Servings per Container: 30

	Amount per Serving	%Daily Value
Calories	20	
Total Fat	1 g	2%**
Total Carbohydrates	1 g	<1%**
Protein	1 g	
Vitamin D3 (as Cholecalciferol)	100 mcg (4000 IU)	500%
Magnesium (as Magnesium Citrate)	100 mg	24%
Zinc (as Zinc Citrate)	15 mg	136%
Flaxseed Oil (seed)	1100 mg	†
Eleuthero (<i>Eleutherococcus senticosus</i>) extract (4:1)(root)	100 mg	†
Bamboo (<i>Bambusa vulgaris</i>) extract (70% silica, 20 mg)(stem and leaf)	28.6 mg	†
Turmeric extract (95% curcuminoids, 23.75 mg)(root)	25 mg	†
Vitamin K2 (as Menaquinone-7 (MK-7))	120 mcg	†
BioPerine Complex	6 mg	†
BioPerine® Black Pepper extract (95% piperine)(fruit), Ginger extract (5% gingerols)(rhizome)		

**% Daily Value based on a 2,000 calorie diet

†Daily Value not established

Other Ingredients: Gelatin, purified water, glycerin, medium chain triglyceride (MCT) oil, beeswax, St. John's bread (carob)(color), soy lecithin, maltodextrin, titanium dioxide (color) and carboxymethyl cellulose.

Contains: Soy, Tree Nuts (coconut, palm kernel)

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No preservatives added.

Usage Warnings: Do not use if safety seal is broken. Check with your doctor before using this product if you are using medication or have any medical conditions. Do not use if you have a bile duct obstruction. Do not use if you may become pregnant, are pregnant or nursing. Do not exceed recommended daily intake. Not intended for use by persons under 18. **KEEP OUT OF REACH OF CHILDREN.** Store in a cool, dry place.

NOTICE: Vitamin K should not be used by individuals with liver disease, kidney disease and/or blood disorders. Those individuals currently taking anticoagulant medications such as Coumadin (Warfarin) should consult with their doctor before taking supplemental Vitamin K.