

# Supplement Facts

Serving Size: 2 softgel capsules  
Servings Per Container: 30

	Amount Per Serving	% Daily Value
Vitamin K2 (as Menaquinone-7, MENA Q7)	180 mcg	150%
Vitamin D3 (as Cholecalciferol)	50 mcg (2000IU)	250%

**Other Ingredients:**

Sunflower oil, Gelatin,  
Glycerin, Water.

**Directions:**

Take 2 softgel capsules  
a day with meals.