



# D<sub>3</sub> 5000 + K

## High Potency, Bioactive Vitamin D with Vitamin K

D<sub>3</sub> 5000 + K provides 5000 IU per softgel of vitamin D (as D<sub>3</sub>), designed for greater absorption. This high potency formula also includes bioavailable forms of vitamin K<sub>2</sub> (menaquinone-7) to complement vitamin D

### Why D<sub>3</sub> 5000 + K?

- Vitamin D is important for calcium homeostasis, bone mineralization, and promoting immune and cardiovascular function
- Vitamin K is important in blood coagulation, and plays a central role in decreasing calcium accumulation in the smooth muscles of vascular walls
- Vitamins D and K have a synergistic relationship since vitamin D positively impacts the production of vitamin K-dependent bone proteins to induce bone formation and reduce vascular calcification

**Form:** 60 Softgels  
**Serving Size:** 1 Softgel

Ingredient:	Amount Per Serving
Vitamin D (as cholecalciferol)	5000 IU
Vitamin K [90 mcg as menaquinone-7 (MK-7) and 20 mcg as phytonadione]	110 mcg

**Other Ingredients:** Olive oil, gelatin, glycerin, beeswax, water, annatto extract (colour), and zinc oxide (colour). This product is manufactured in a facility that produces products containing wheat, soy, milk, egg, tree nuts, fish, and crustacean shellfish.

**Directions:** Take one softgel daily or as directed by your healthcare practitioner. Do not exceed recommended dosage unless directed by your healthcare practitioner.

**This product is non-GMO and gluten free.**

**Warning:** If pregnant or nursing, taking other nutritional supplements or medications, or if taking anticoagulants, consult your healthcare provider before use. Keep out of the reach of children

**Notice:** This product contains vitamin D at a level that exceeds the adult tolerable upper intake level. It is highly recommended that serum 25(OH)- and 1,25(OH)<sub>2</sub>-vitamin D be monitored every 60-90 days while consuming this product to ensure that levels remain in an acceptable range.

Certain persons, considered experts, may disagree with one or more of the foregoing statements, but the same are deemed, nevertheless, to be based on sound and reliable authority. No such statements shall be construed as a claim or representation as to Metagenics products, that they are offered for the diagnosis, cure, mitigation, treatment or prevention of any disease.