

# Full Spectrum Vitamin K™

Item no. 75390

Available in bottles of 90 softgels

## ***Three Forms of Vitamin K with A, D, and E***

Full Spectrum Vitamin K™ is a comprehensive vitamin K formula containing three forms of vitamin K, as well as representative forms of the other fat soluble vitamins, vitamins A and D, and vitamin E as gamma and delta tocotrienols. Vitamin D and K may be deficient due to inadequate sun exposure (vitamin D) and low amounts in the diet (both).\* Delta and gamma tocotrienols are reported to have stronger antioxidant activity than delta and gamma tocopherols.

## **Suggested Use**

As a dietary supplement, 1 softgel one or two times with meals, or as directed by a healthcare practitioner. Taking with a fat containing meal may further enhance absorption. Contraindicated with use of anticoagulant drugs.

Serving Size: 1 Softgel

Servings Per Container: 90

### **Amount Per Serving:**

Vitamin A (from Cod Liver Oil) . . . . .	200 IU
Vitamin C (as Ascorbyl Palmitate) . . . . .	25 mg
Vitamin D3 (90% from Cod Liver Oil and 10% from Skipjack and Tuna Liver Oil) . . . . .	400 IU
Vitamin K (from 1000 mcg Vitamin K1 Phytonadione, 3000 mcg Vitamin K2 Menaquinone-4 and 50 mcg Vitamin K2 Menaquinone -7) . . . . .	4050 mcg
Tocotrienols (as DeltaGOLD™ Tocotrienols containing 90% delta-tocotrienols and 10% gamma-tocotrienols) . . . . .	.5 mg

Other ingredients: Sunflower oil, gelatin, glycerin, water, yellow beeswax, carob extract, soy lecithin, zinc oxide.