

Vitamin D³+K²

To support systemic health*

Dietary Supplement

About our Vitamin D

Ovatterra™ D³+K² Liquid 1,000 IU is a concentrated supplement of Vitamin D³ (cholecalciferol) and Vitamin K² (menaquinone-7).

Supplement Facts

Serving Size 1 drop (0.05mL)
Servings Per Container 600

Amount Per Serving		% DV
Vitamin D ³ (as cholecalciferol)	25 mcg (1,000 IU)	125%
Vitamin K ² (as menaquinone-7)	100 mcg	†

†Daily Value (DV) not established.

Other ingredients

Organic Olive Oil, Natural Lemon Flavor.

Administration

This supplement can be taken with or without food. Avoid use within two hours of any other medication(s). Take this supplement regularly at the same time each day in order to get the most benefit from it.

Benefits of Vitamin D³ and K² supplementation

Vitamin D³ helps the body absorb and retain calcium, which is necessary to support bone health. Vitamin D may support healthy bones and muscle.*

Several studies show that Vitamin D³ is more effective than Vitamin D² at raising Vitamin D blood levels.*

Vitamin K² works synergistically with Vitamin D³ to support calcium absorption. The D³ form of Vitamin D aids calcium absorption and K² (menaquinone-7) activates the protein, osteocalcin, which integrates calcium into bone from soft tissues and arteries.

Studies also show that higher Vitamin D levels in follicular fluid may improve embryo implantation rate and the outcome of fertility treatments. Several studies have linked normal Vitamin D levels with higher IVF pregnancy rates and live birth rates.*

For men, healthy Vitamin D levels have also been linked to healthy semen quality and sperm motility.*

Vitamin D³ supplementation during pregnancy supports maternal Vitamin D³ status. It is helpful in pregnancy as it helps maintain prenatal health*.

Safety

Take only the recommended amount of Vitamin D³ and Vitamin K² as directed by your healthcare provider. **KEEP OUT OF REACH OF CHILDREN.**

Potential side effects

Vitamin D³ and K² do not commonly cause side effects when taken in the appropriate dosage range. When excess Vitamin D is taken, side effects may include fatigue, dry mouth, nausea, headache, and metallic taste. When excess Vitamin K is taken, side effects may include flushing, dizziness, low blood pressure, and taste disturbances.

Serious allergic reactions to this product are rare. However, if you notice any symptoms including rash, itching/swelling (especially of the face, tongue, or throat), severe dizziness, or difficulty breathing, seek immediate medical attention.

Should supplementation with Ovatterra™ D³+K² Liquid 1,000 IU lead to unwanted side effects, discontinue supplementation and consult with a healthcare provider immediately.

Drug interactions and precautions

Ovatterra™ D³+K² Liquid 1,000 IU may have interactions with medications. If you are taking any medications or have a medical condition, consult your healthcare provider before starting supplementation with Ovatterra™ D³+K² Liquid 1,000 IU. Combination of Ovatterra™ D³+K² Liquid 1,000 IU with prescription or over-the-counter medications or supplements may lead to altered effectiveness of either or both products.

Use of Ovatterra™ D³+K² Liquid 1,000 IU should be avoided with other supplements containing Vitamin D³ or Vitamin K².

Individuals who take more than 2,000 IU per day of Vitamin D should have their Vitamin D levels monitored.

Drug interactions include, but are not limited to, the following drug classes: Statin medications, blood thinners (particularly warfarin), anticonvulsants, diuretics, steroids, calcium channel blockers, aluminum-containing products, cholestyramine and orlistat.

How supplied

One (1) amber glass vial containing 30 mL (1 ounce).

Suggested use

As a normal fertility support dietary supplement, take 4-6 servings (4,000-6,000 IU) per day or as directed by your fertility or healthcare practitioner.

Storage

Ovatterra™ D³+K² Liquid 1,000 IU should be stored at room temperature between 15°-30°C/59°-86°F. Protect from heat, light and moisture.

***THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.**