

# Vitamin D<sup>3</sup>+K<sup>2</sup>

To support systemic health\*

## Dietary Supplement

### About our Vitamin D

Ovaterra™ D<sup>3</sup>+K<sup>2</sup> Liquid 1,000 IU is a concentrated supplement of Vitamin D<sup>3</sup> (cholecalciferol) and Vitamin K<sup>2</sup> (menaquinone-7).

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 Ovaterra™ D<sup>3</sup>+K<sup>2</sup> Liquid 1,000 IU lead to unwanted side effects, discontinue supplementation and consult with a healthcare provider immediately.

## Supplement Facts

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

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

†Daily Value (DV) not established.

### Drug interactions and precautions

Ovaterra™ D<sup>3</sup>+K<sup>2</sup> 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 Ovaterra™ D<sup>3</sup>+K<sup>2</sup> Liquid 1,000 IU. Combination of Ovaterra™ D<sup>3</sup>+K<sup>2</sup> 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 Ovaterra™ D<sup>3</sup>+K<sup>2</sup> Liquid 1,000 IU should be avoided with other supplements containing Vitamin D<sup>3</sup> or Vitamin K<sup>2</sup>.

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.

Do not take this supplement with any blood thinning medication, especially warfarin.

### Other ingredients

Organic Olive Oil, Natural Lemon Flavor.

### Administration

This supplement can be taken with or without food. Avoid use within four 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.

### How supplied

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

### Benefits of Vitamin D<sup>3</sup> and K<sup>2</sup> supplementation

Vitamin D<sup>3</sup> helps the body absorb and retain calcium, which is necessary to support bone health. Vitamin D may support healthy bones and muscle.\*

### Suggested use

Take 2 drops (2,000 IU) per day, or as directed by your healthcare provider. Avoid use within four hours of any medications.

Several studies show that Vitamin D<sup>3</sup> is more effective than Vitamin D<sup>2</sup> at raising Vitamin D blood levels.\*

Vitamin K<sup>2</sup> works synergistically with Vitamin D<sup>3</sup> to support calcium absorption. The D<sup>3</sup> form of Vitamin D aids calcium absorption and K<sup>2</sup> (menaquinone-7) activates the protein, osteocalcin, which integrates calcium into bone from soft tissues and arteries.

### Storage

Ovaterra™ D<sup>3</sup>+K<sup>2</sup> Liquid 1,000 IU should be stored at room temperature between 15°-30°C/59°-86°F. Protect from heat, light and moisture.

Healthy Vitamin D levels may help support reproductive health in both men and women.\*

Vitamin D<sup>3</sup> supplementation during pregnancy supports maternal Vitamin D<sup>3</sup> status and helps support prenatal health\*.

**\*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.**

### Safety

Do not exceed recommended dosage. **KEEP OUT OF REACH OF CHILDREN.**

### Potential side effects

Vitamin D<sup>3</sup> and K<sup>2</sup> 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.

Manufactured for Fertility Nutraceuticals d/b/a Ovaterra

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