

Vitamins

Family owned since 1968.



# MK-7 Vitamin K-2 100 mcg

Supports Bone Health\*

Promotes Proper Calcium Handling\*

60 Veg Capsules

A Dietary Supplement    Vegetarian/Vegan



## Supplement Facts

Serving Size 1 Veg Capsule

	Amount Per Serving	% Daily Value
Vitamin C (from Ascorbyl Palmitate)	2 mg	3%
Vitamin K <sub>2</sub> (as Menaquinone-7) (MK-7) (from Non-GMO Natto)	100 mcg	125%

Other ingredients: Rice Flour, Cellulose (capsule) and Silica. Contains soy (non-GMO).

NOW FOODS, 395 S. Glen Ellyn Rd.

Bloomington, IL 60108, USA    [nowfoods.com](http://nowfoods.com)

Not manufactured with wheat, gluten, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Natural color variation may occur in this product.

Store in a cool, dry place after opening.

Please Recycle.

**Suggested Usage:** Take 1 capsule daily with a meal.

Vitamin K is well known for its role in the synthesis of a number of blood coagulation factors.\* During recent years however, Vitamin K2 and its dependent proteins have been found to play a central role in whole-body calcium metabolism.\* These Vitamin K2-dependent proteins are now known to be essential for normal bone mineralization, as well as for other critical functions unrelated to coagulation.\* NOW® MK-7 contains a highly biologically active form of Vitamin K2 derived from non-GMO natto, a traditional Japanese fermented soyfood.

\*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.

Caution: For adults only. Consult physician if pregnant/nursing, taking medication (especially anti-coagulant drugs such as warfarin, Coumadin®, heparin), or have a medical condition. Keep out of reach of children.

Do Not Eat Freshness Packet.  
Keep in Bottle.

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CAPSULE SIZE