

USAGE: For children ages 4 and up, chew 1 gummy per day with a meal or snacks containing fats, or as directed by your qualified healthcare professional.

Jarrow Formulas® MK-7 Gummies deliver 45 mcg MK-7 (Menaquinone-7) per gummy. This MK-7 is made via fermentation by *Bacillus subtilis* subsp. *natto*. MK-7 is the bioactive form of vitamin K₂, found naturally in Natto. MK-7 is ten times better absorbed than K₁ from spinach* and is responsible for the carboxylation of specific bone proteins needed for building bones, especially during growing years.*

Keep out of the reach of children.

* 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.

03216MK7GUM PROD # 132007



Distributed Exclusively by:
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Jarrow
FORMULAS



MK-7

G U M M I E S

Promotes Bone Health*

45

MICROGRAMS

60

GUMMIES

DIETARY

SUPPLEMENT



strawberry
flavor

Supplement Facts

Serving Size 1 Gummy
Servings Per Container 60

	Amount Per Serving	% DV
Calories	10	
Total Fat	0 g	0%
Total Carbohydrate	2 g	1%†
Dietary Fiber	1 g	4%†
Sugars	0 g	††
Sugar Alcohol	<1 g	††
Sodium	5 mg	0%
MK-7 (Vitamin K ₂ as Menaquinone-7)	45 mcg	60%

† Percent Daily Values based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie diet.
†† Daily Value not established.

Other Ingredients: Inulin (chicory root), xylitol, purified water, pectin, natural strawberry flavor, citric acid, malic acid, sodium citrate, natural color, coconut oil and carnauba wax.

No wheat, no gluten, no dairy, no egg, no fish/shellfish, no peanuts/tree nuts.

Store in a cool, dry place. Do not refrigerate.

Suitable for vegetarians/vegans.

