

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

Although Vitamin K is historically known for its role in normal blood clotting function, we now know that Vitamin K is also essential to bone, cardiovascular, and nervous system health.\* As a biologically active form of Vitamin K, K-2 is important for the formation of healthy, strong bone matrix.\* Vitamin K's role in arterial health revolves around its ability to support proper calcium metabolism in vascular structures.\*

\*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. Do not use if pregnant, nursing or allergic or contraindicated to aspirin. Consult physician if taking medication (especially blood thinners such as warfarin, Coumadin®, heparin and aspirin) or have a medical condition. Discontinue use two weeks prior to surgery or if stomach upset occurs. Keep out of reach of children.

Do Not Eat Freshness Packet.  
Keep in Bottle.

CODE 0990B V8



CAPSULE SIZE



# Vitamin K-2

## 100 mcg

**Supports Bone Health\***

- Biologically Active Form\*
- Menaquinone-4 (MK-4)
- Supports Proper Calcium Metabolism\*

**100 Veg Capsules**

A Dietary Supplement    Vegetarian/Vegan



Vitamins

Family owned since 1968.

## Supplement Facts

Serving Size 1 Veg Capsule

	Amount Per Serving	% Daily Value
Vitamin K <sub>2</sub> (as Menaquinone-4) (MK-4)	100 mcg	83%
Alfalfa Powder (Aerial Parts)	250 mg	†

† Daily Value not established.

Other ingredients: Cellulose (capsule), Ascorbyl Palmitate, Rice Flour and Silica.

NOW FOODS, 395 S. Glen Ellyn Rd.  
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Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Store in a cool, dry place after opening.

Natural color variation may occur in this product.

