

USAGE: Take 1 softgel per day, or as directed by your qualified health care consultant. **WARNING:** Do not use if taking anticoagulant drugs (such as Warfarin) or other medications.

Jarrow FORMULAS® MK-7 is an extract from genetically unmodified (non-GMO) soybeans fermented with *Bacillus subtilis natto*. MK-7 is concentrated without solvents. MK-7 (Menaquinone-7) is an enhanced bioactive form of vitamin K₂, also known as Menaquinones. MK-7 from Natto is ten times better absorbed than K₁ from spinach. MK-7 is responsible for the carboxylation of specific bone proteins needed for building bone.* Also, MK-7 promotes cardiovascular health by helping to maintain arterial elasticity.*

Keep out of the reach of children.

To report an adverse event: 866-459-4154

* 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.

Lot #. Best Used Before:

**SUPER
VALUE!**

Jarrow FORMULAS®

MK-7

**Vitamin K₂
as MK-7** **90
MCG**

Natto Extract

**Bone and
Cardiovascular Health***

90 mcg 60 Softgels
Dietary Supplement

Supplement Facts

Serving Size 1 Softgel

	Amount Per Softgel	% DV
MK-7 (Vitamin K ₂ as Menaquinone-7) (from Natto Extract)	90 mcg	112%

* Daily Value not established.

Other Ingredients: Medium chain triglycerides, evening primrose oil, beeswax and lecithin. Softgel consists of gelatin, water, glycerin and caramel (as a light barrier).

Contains: Soy.

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

Superior Nutrition and Formulation™ by

Jarrow FORMULAS®

Los Angeles, CA 90035-4317

www.Jarrow.com

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