

SUGGESTED USAGE: As a dietary supplement, take 1 tablet 1-2 times daily with a fat-containing meal or as directed by your healthcare practitioner.

HOW IT WORKS: Vitamin K consists of a group of structurally similar fat soluble vitamins including two naturally occurring vitamers, Vitamins K₁ and K₂. Vitamin K is well known for its role in blood clotting, but has also been found to play an important role in normal bone formation and the preservation of bone strength.* Vitamin K₂ more specifically is a significant regulator of tissue calcification and is critical for the maintenance of arterial elasticity and cardiovascular health.* Vitamin K₂ includes two of the most studied subtypes, MK-7 (Menaquinone-7) and MK-4 (Menatetrenone). MK-7 is the most readily absorbed and bioactive form of K₂, but there are no common dietary sources.* Unlike Vitamin K₁, which is stored in the liver, MK-7 is transported directly to tissues and has a longer half-life than either K₁ or MK-4.

CAUTIONS/INTERACTIONS: If you are taking warfarin or other anti-coagulant medications, consult your healthcare practitioner before taking this product. For more information on this product go to www.protocol-forlife.com/P0993

PROTOCOL
FOR LIFE BALANCE®

MK-7

Vitamin K₂

160 mcg

- Supports Bone Health*
- Supports Vascular Elasticity*

60 Tablets

A Dietary Supplement
Vegetarian/Vegan



Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Vitamin K ₂ (as Menaquinone-7) (MK-7) (from Natto) (soy)	160 mcg	200%

Other ingredients: Cellulose, Magnesium Oxide, Stearic Acid (vegetable source), Silica, Magnesium Stearate (vegetable source) and Vegetarian Coating.

Manufactured by Protocol For Life Balance®
395 S. Glen Ellyn Rd., Bloomingdale, IL 60108, USA

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.

*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.

Do Not Eat Freshness Packet. Keep in Bottle.

Store in a cool, dry place, after opening. Please Recycle.



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P0993
V1