

Directions: As a dietary supplement, take one capsule daily, preferably with a meal or as directed by a healthcare practitioner.

Bluebonnet's Natural Vitamin K₂ 100 mcg Capsules contain Menaquinone-7 (MK-7) which is produced through a patented biofermentation process from *Bacillus subtilis* natto cultures. Menaquinone-7 is an enhanced bioactive form of vitamin K₂. Available in easy-to-swallow vegetable capsules for maximum assimilation and absorption.

Bluebonnet's KOF-K Certification # K-0000700

Manufactured by
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Bluebonnet



Natural Vitamin K₂ 100 mcg

Menaquinone-7 (MK-7) Dietary Supplement 50 Vegetable Capsules



Supplement Facts

Serving Size 1 Capsule

Amount Per Serving		% Daily Value
Vitamin K ₂ (as Menaquinone-7) (from natto extract using <i>Bacillus subtilis</i>)	100 mcg	83

Daily Value is based on a 2,000 calorie diet.

Other ingredients: Kosher vegetable capsules, vegetable cellulose, vegetable magnesium stearate.

Free of milk, egg, fish, crustacean shellfish, tree nuts, peanuts, wheat and soybeans.

Also free of yeast, gluten, barley, rice, sodium and sugar.

CAUTION: Do not use this product if you are pregnant, trying to conceive or breastfeeding. If you are taking prescription medication, speak to your healthcare practitioner before use. Do not use this supplement with blood thinning medication.