

MK-7 is menaquinone-7, also known as vitamin K2.

UNCONDITIONALLY GUARANTEED for purity and labeled potency. Store bottle in a cool, dry place.

¹MenaQ7[®] is a registered trademark of NattoPharma ASA, Norway; Patented in the United States and Canada. US Patent Numbers 8,728,553 & 8,354,129; Canada Patent Number 2,347,387

¹These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



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HEALTHY DIRECTIONS

Bethesda, MD 20817 • healthydirections.com



HEALTHY
DIRECTIONS

MK-7

CLINICAL GRADE

For bone and heart health support¹
Aids in calcium absorption¹

150 mcg per serving

DIETARY SUPPLEMENT • 30 SOFTGELS

Suggested Use: Take 1 softgel daily.

Supplement Facts

Serving Size: 1 Softgel

Servings Per Container: 30

Amount Per Serving	% DV
MenaQ7 [™] Menaquinone-7 (Vitamin K2)	150 mcg *

*Daily Value (DV) not established.

Other ingredients: Medium chain triglycerides, gelatin, glycerin, olive oil, purified water

WARNING: If you take warfarin or other blood thinning products, or are pregnant or lactating, consult a health care professional before taking this product.

Keep out of reach of children.

Please see bottom of bottle for Lot No. and Expiration Date



Gluten Free

SKU: HMK 02 G13000, 2017 R-1

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