

USAGE: Take 1 softgel per day or as directed by your qualified healthcare professional.

NOTE: If you have a medical condition, are pregnant, lactating, trying to conceive, under the age of 18, or taking medications (especially anticoagulants [e.g. warfarin/Coumadin]), consult your healthcare professional before using this product.

Jarrow Formulas® MK-7 is made via fermentation by *Bacillus subtilis* subsp. *natto*. MK-7 (menaquinone-7) is the bioactive form of vitamin K₂, traditionally found naturally occurring in Natto. MK-7 is ten times better absorbed than K₁ from spinach* and is responsible for the carboxylation of specific bone proteins needed for building bones.*

Keep out of the reach of children.

* 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:

Jarrow
F O R M U L A S

Vitamin K₂ | Bioactive Form of
as MK-7 | Vitamin K₂

MK-7

10X BETTER ABSORBED | Promotes
Than K₁ From Spinach* | Bone Health*

90
MICROGRAMS

120
SOFTGELS

DIETARY
SUPPLEMENT

Supplement Facts

Serving Size 1 Softgel
Servings Per Container 120

	Amount Per Serving	% DV
Vitamin K ₂ (as Natural MK-7 [Menaquinone-7])	90 mcg	80%

Other Ingredients: Non-GMO medium chain triglycerides and olive oil. Softgel consists of bovine gelatin, glycerin, purified water and organic caramel.

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

11117MK7120 PROD # 130007

Distributed Exclusively by:
Jarrow FORMULAS®
Superior Nutrition and Formulation™
P.O. Box 35994
Los Angeles, CA 90035-4317
www.Jarrow.com



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