

Suggested Usage: Take 1 capsule daily with a meal.

NOW® Mega D-3 & MK-7 combines vitamins D-3 and K-2, two nutrients extensively researched for their roles in the health of bones, teeth and the cardiovascular system.* Vitamin D-3 works with calcium to support bone health, and more recent studies indicate it's important for immune system health as well.* MenaQ7® MK-7 is a unique soy-free, bioavailable form of vitamin K-2 that plays a critical role in arterial health through its ability to support proper calcium metabolism in blood vessels and arteries.* Vitamin K-2 is also important for the formation of strong, healthy bones.*

*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.

Caution: For adults only. Consult physician if pregnant/nursing, taking any anti-coagulants (such as warfarin, Coumadin®, heparin) or other medication, or have a medical condition. Keep out of reach of children.

Natural color variation may occur in this product.

CODE 0384 V1



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CAPSULE SIZE



Mega D-3 & MK-7

5000 IU / 180 mcg

Bone & Cardiovascular Support*

Vitamins D-3 & K-2

60 Veg Capsules

A Dietary Supplement

MenaQ7®
Vitamin K2 as MK-7

Vitamins

Family owned since 1968.

Supplement Facts

Serving Size 1 Veg Capsule

	Amount Per Serving	% Daily Value
Vitamin D-3 (as Cholecalciferol)	125 mcg (5,000 IU) (from Lanolin)	625%
Vitamin K-2 (as Menaquinone-7) (MK-7) (MenaQ7®)	180 mcg	150%

Other ingredients: Microcrystalline Cellulose, Hypromellose (cellulose capsule) and Silicon Dioxide.

Manufactured & Quality Tested by NOW FOODS
395 S. Glen Ellyn Rd., Bloomingdale, IL 60108, USA
nowfoods.com

Not manufactured with wheat, gluten, soy, milk, egg, fish or shellfish ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

MenaQ7® is a registered trademark of NattoPharma ASA, Norway. Patents granted and pending.

Store in a cool, dry place after opening.

