

Suggested Usage: Take 1 capsule daily with a meal.

Vitamin K is well known for its role in the synthesis of a number of blood coagulation factors.* During recent years however, vitamin K2 and its dependent proteins have been found to play a central role in whole-body calcium metabolism.* These vitamin K2-dependent proteins are now known to be essential for normal bone mineralization, as well as for other critical functions unrelated to coagulation.* NOW® MK-7 contains a highly biologically active form of vitamin K2 derived from non-GMO natto, a traditional Japanese fermented soyfood.

*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 medication (especially anti-coagulant drugs such as warfarin, Coumadin®, heparin), or have a medical condition. Keep out of reach of children.

CAPSULE SIZE

CODE 0993 V1



MK-7 Vitamin K-2 100 mcg

Supports Bone Health*

Promotes Proper Calcium Handling*

120 Veg Capsules

Non-GMO

A Dietary Supplement Vegetarian/Vegan

Vitamins

Family owned since 1968.

Supplement Facts

Serving Size 1 Veg Capsule

	Amount Per Serving	% Daily Value
Vitamin K ₂ (as Menaquinone-7) (MK-7) (from Non-GMO Natto)	100 mcg	83%

Other ingredients: Rice Flour, Hypromellose (cellulose capsule), Ascorbyl Palmitate and Silicon Dioxide.

Contains soy (non-GMO).

NOW FOODS, 395 S. Glen Ellyn Rd.
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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.

Natural color variation may occur in this product.

Store in a cool, dry place after opening.