

**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 naturally made via fermentation by *Bacillus subtilis* subsp. *natto* and is 10X better absorbed than K<sub>1</sub> from spinach.\* MK-7 is a longer-acting form of vitamin K vs. K<sub>1</sub> and MK-4, and clinically proven to better support carboxylation of specific proteins needed to build bones and help protect arteries from calcium deposition.\*

**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.

Distributed Exclusively by:  
**Jarrow FORMULAS®**  
Superior Nutrition and Formulation™  
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Lot #. Best Used Before:

**Jarrow**  
FORMULAS®

Most Active Form of Vitamin K<sub>2</sub>

**MK-7**

Promotes Bone and  
Cardiovascular Health\*

**90 MCG**

**90**  
MICROGRAMS

**60**  
SOFTGELS

DIETARY  
SUPPLEMENT

**vitaMK7®**

## Supplement Facts

Serving Size 1 Softgel  
Servings Per Container 60

|                                                             | Amount Per Serving | % DV |
|-------------------------------------------------------------|--------------------|------|
| Vitamin K <sub>2</sub><br>(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.

**Store in a cool, dry place.**

vitaMK7® is a registered trademark of Gnosis.

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FILL LINE

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