

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 K₁ from spinach.* MK-7 is a longer-acting form of vitamin K vs. K₁ 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 K₂

MK-7

Promotes Bone and
Cardiovascular Health*

90 MCG

90
MICROGRAMS

120
SOFTGELS

DIETARY
SUPPLEMENT

vitaMK7®

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.

Store in a cool, dry place.

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FILL LINE
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