

SUGGESTED USE Consume one or more capsules daily or as recommended by a health care professional. As with any dietary supplement, this product is most effective when used as part of a healthy diet and active lifestyle, along with a daily multi-vitamin-mineral formula. **For answers to questions about the use of this product, call 800.808.7311.**

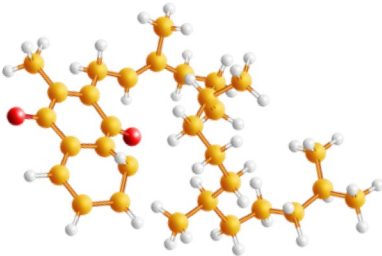
WARNING Unless directed by a physician, Vitamin K is not for use with anticoagulant drugs (Coumadin, Warfarin, Heparin, etc). If you have experienced blood clotting abnormalities, consult with a health professional before using this or any Vitamin K-containing product.

THIS PRODUCT IS ONLY AVAILABLE FROM	
 800.944.9999 WWW.HSN.COM	 800.800.1200 PROCAPSLABS.COM



VITAMIN K₂ MK-7 -240-

HIGHEST ACTIVITY VITAMIN K₂
PROMOTES BONE AND HEART HEALTH



DIETARY SUPPLEMENT



360 Easy-to-Swallow Capsules

Andrew Lessman's VITAMIN K₂ MK-7 240 provides the most active and beneficial form of Vitamin K-2 Menaquinone-7 (MK-7). Vitamin K₂ MK-7 is now recognized as essential for bone and heart health through its role in regulating Calcium metabolism. The "K" in Vitamin K₂ MK-7's name stems from the role of Vitamin K-1 in blood clotting, since it was discovered in Germany where "Koagulation" is spelled with a K. Vitamin K-2 MK-7's unique importance instead relates to its scientifically established central role in calcium utilization and thus bone, heart and cardiovascular health. Essentially, Vitamin K₂ MK-7 promotes the retention of calcium in healthy bone while discouraging its being deposited in other tissues causing undesirable calcification of arteries, heart valves, etc. By discouraging calcification, Vitamin K₂ MK-7 promotes flexible, resilient arteries and heart valves, which is a defining characteristic of cardiovascular health. In short, K₂ MK-7 acts like a "traffic cop" directing calcium to the vital tissues where it is required while keeping it out of those where it is not desired. Since we all must consume calcium daily our healthy bones and flexible arteries require K₂ MK-7. Sadly, there is no significant source of Vitamin K₂ MK-7 in the typical American diet making supplementation the only reliable method of acquiring this essential vitamin.

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.

**CONTAINS NO ADDITIVES OR
COMMON ALLERGENS OF ANY KIND.**

Supplement Facts		Serving Size 1 Softgel
		Servings Per Container 360
Amount Per Serving	%DV*	
Vitamin K ₂ MK-7	240 mcg	200%
* Percent Daily Values (%DV) are based on a 2,000 calorie diet.		

Other Ingredients: Extra virgin olive oil (Organic), soft-gelatin capsule (gelatin, purified water, glycerin).