



**MENTAL REFRESHMENT**

**PREMIUM BRAND / OPTIMUM RESULTS**

# VITAMIN K2

## Menaquinone 7 (MK - 7)

\*Supports calcium uptake and bone mineralization

\*Supports healthy bones and muscles

\*Supports healthy cardiovascular function

DIETARY SUPPLEMENT

# 100 Capsules

## Supplement Facts

Serving Size: 1 Capsules

Amount Per Serving	%Daily Value
Vitamin K2 (as MENAQUINONE 7)	100 mcg 125%

\* Daily Value not Established

**Other Ingredients:** Gelatin, Rice Powder

**CONTAINS NO:** Artificial coloring, artificial flavor, preservative, yeast, corn, milk or milk derivatives, lactose, salt, sodium, soy, sugar, gluten, starch or wheat.

**KEEP OUT OF REACH OF CHILDREN. STORE IN A DRY PLACE AND AVOID EXCESSIVE HEAT.**

\*\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Manufactured in a  
**FDA**  
**REGISTERED**  
facility that conforms  
to GMP standards.



Manufactured For:  
Mental Refreshment Nutrition  
Severna Park, MD 21146  
[www.mentalrefreshment.com](http://www.mentalrefreshment.com)

**DIRECTIONS:** For adults, take one (1) capsule daily preferably with a meal. As a reminder, discuss the supplements and medications you take with your health care providers.

**WARNING:** Not intended for use by pregnant or nursing women. If you are taking any medications, consult your doctor before use. If you are taking anti-coagulants (blood thinners), do not take these tablets except on the advice of a doctor. Discontinue use and consult your doctor if any adverse reactions occur.

**WE HAVE ASSAYED & FULLY GUARANTEE THE QUALITY & POTENCY OF THIS PRODUCT.**

