

SUGGESTED USAGE: Take 1 capsule daily with a meal, or as directed by your healthcare practitioner.

HOW IT WORKS: Vitamins D₃ and K₂ have been extensively studied regarding their roles in calcium metabolism.* Research indicates that a synergistic relationship exists between vitamin K₂ and vitamin D₃, especially in terms of bone strength and cardiovascular health.* While vitamin D₃ is recognized for its role in calcium absorption and metabolism, it is vitamin K₂ that directs calcium to bones rather than joint spaces and arteries.* This product is formulated with a clinically relevant dose of MK-7, a unique, soy-free form of vitamin K₂ that has been shown to promote healthy vascular structures.*

CAUTIONS/INTERACTIONS: Vitamin D should be used cautiously by those taking cardiac glycosides and anyone with hypercalcemia. Vitamin D supplements may interact with atorvastatin and thiazide diuretics. Vitamin K is contraindicated with warfarin or other anti-coagulant medications. If you are taking any of these prescription medications, consult your healthcare practitioner before using this product.

Natural color variation may occur in this product.

CODE
P0384
V1



**PROTOCOL
FOR LIFE BALANCE®**

**K₂ MK-7
& D₃**

180 mcg K₂ / 5000 IU D₃

- Vascular Health*
- Structural Support*

MenaQ7®
Vitamin K₂ as MK-7

60 Veg Capsules
A Dietary Supplement

Supplement Facts

Serving Size 1 Veg Capsule

	Amount Per Serving	% Daily Value
Vitamin D ₃ (as Cholecalciferol) (from Lanolin)	125 mcg (5,000 IU)	625%
Vitamin K ₂ (as Menaquinone-7) (MK-7) (MenaQ7®)	180 mcg	150%

Other ingredients: Microcrystalline Cellulose, Hypromellose (cellulose capsule) and Silicon Dioxide.

Formulated & Distributed by Protocol For Life Balance®
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protocolforlife.com

Not manufactured with wheat, gluten, soy, milk, egg, fish or shellfish ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

MenaQ7® is a registered trademark of NattoPharma ASA, Norway. Patents granted and pending.

*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.