

USAGE: Take 1 softgel per day or as directed by your qualified healthcare professional.

NOTE: Consult a healthcare professional before using this product if you are taking medications (especially anticoagulants [e.g. warfarin/Coumadin]), trying to conceive, pregnant, or lactating, under the age of 18, or have a medical condition; if adverse reactions occur, discontinue use.

Jarrow Formulas® MK-7 is naturally made via fermentation by *Bacillus subtilis* subsp. *natto* and is much better absorbed than K₁ from spinach.* MK-7 is a longer-acting form of vitamin K vs. K₁ and MK-4, and better supports carboxylation of specific proteins needed to build bones and support cardiovascular health.*

Keep out of the reach of children.

Store in a cool, dry place.

*** 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.**

Lot #. Best Used Before:

Jarrow
F O R M U L A S

Most Active Form of Vitamin K₂

MK-7

**Supports Bone and
Cardiovascular Health***

90 MCG

120 SOFTGELS

**DIETARY
SUPPLEMENT**

Supplement Facts

Serving Size 1 Softgel

Amount Per Serving

Vitamin K ₂	90 mcg †
(as Natural MK-7 [Menaquinone-7])	

† Daily Value (DV) not established.

Other Ingredients: Non-GMO medium chain triglycerides, softgel (bovine gelatin, glycerin, purified water, organic caramel [as a light barrier]) and olive oil.

Distributed Exclusively by **Jarrow Formulas®**
Los Angeles, CA 90035-4317 • 1-866-459-4154

No wheat, gluten, soybeans, dairy, egg, fish/shellfish, or peanuts/tree nuts.



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PROD # 130007

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APPROX.
FILL LINE