

Suggested Usage: Take 1 capsule daily with a meal.

NOW® Mega D-3 & MK-7 combines vitamins D-3 and K-2, two nutrients extensively researched for their roles in the health of bones, teeth and the cardiovascular system.* Vitamin D-3 works with calcium to support bone health, and more recent studies indicate it's important for immune system health as well.* MenaQ7® MK-7 is a unique soy-free, bioavailable form of vitamin K-2 that plays a critical role in arterial health through its ability to support proper calcium metabolism in blood vessels and arteries.* Vitamin K-2 is also important for the formation of strong, healthy bones.*

*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.

Caution: For adults only. Consult physician if pregnant/nursing, taking any anti-coagulants (such as warfarin, Coumadin®, heparin) or other medication, or have a medical condition. Discontinue use two weeks prior to surgery. Keep out of reach of children.

Natural color variation may occur in this product.

CODE 0386B V1



CAPSULE SIZE



Mega D-3 & MK-7

5000 IU / 180 mcg

Bone & Cardiovascular Support*

Vitamins D-3 & K-2

120 Capsules
A Dietary Supplement



Vitamins

Family owned since 1968.

Supplement Facts

Serving Size 1 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	†

† Daily Value not established.

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

NOW FOODS, 395 S. Glen Ellyn Rd. Bloomingdale, IL 60108, USA nowfoods.com

Made and quality tested in the USA with globally sourced ingredients.

Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or sesame 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.

Store in a cool, dry place after opening.

