

Suggested Usage: Take 1 capsule daily with a meal. Vitamin K belongs to a family of fat-soluble compounds that are critical for the proper handling of calcium in the body.* Vitamin K is well known for its role in the synthesis of a number of blood coagulation factors and for the formation of strong, healthy bones.* This product is a complete formula with all major forms of the vitamin K family, including vitamin K₁ and vitamin K₂ (MK-4 and MK-7).

*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. Do not use if pregnant, nursing, or allergic or contraindicated to aspirin. Consult physician if taking medication (especially blood thinners such as warfarin, Coumadin®, heparin and aspirin) or have a medical condition. Discontinue use two weeks prior to surgery or if stomach upset occurs. Keep out of reach of children.

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.

Natural color variation may occur in this product.

Store in a cool, dry place after opening.

This bottle is made from 100% PCR (post-consumer recycled) resin.

CODE 0997

V3



MenaQ7

A Dietary Supplement

Vegetarian/Vegan



MK-7 Plus with K1 & MK-4

Supports Bone Health*

Two Forms of Vitamin K₂ + K₁

Cardiovascular Support*

90 Veg Capsules

Vitamins

Family owned since 1968.

Supplement Facts

Serving Size 1 Veg Capsule

	Amount Per Serving	% Daily Value
Vitamin K ₁ (as Phytonadione)	120 mcg	100%
Vitamin K ₂ (as Menaquinone-4) (MK-4)	360 mcg	†
Vitamin K ₂ (as Menaquinone-7) (MK-7) (MenaQ7®)	90 mcg	†
Alfalfa Powder (Aerial Parts)	135 mg	†

† Daily Value not established.

Other ingredients: Hypromellose (cellulose capsule), Microcrystalline Cellulose, Maltodextrin (non-GMO), Mannitol, Silicon Dioxide and Medium-Chain Triglycerides.

Manufactured by NOW FOODS, 395 S. Glen Ellyn Rd. Bloomington, IL 60108, USA nowfoods.com

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

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

