

**Suggested Usage:** Take 1 capsule daily with a meal.

Although vitamin K is historically known for its role in normal blood clotting function, we now know that vitamin K is also essential to bone, cardiovascular, and nervous system health.\* As a biologically active form of vitamin K, K-2 is important for the formation of healthy, strong bone matrix.\* Vitamin K's role in arterial health revolves around its ability to support proper calcium metabolism in vascular structures.\*

\*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.

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

CODE 0991B V3



CAPSULE SIZE



# Vitamin K-2

## 100 mcg

Supports Bone Health\*

- Biologically Active Form\*
- Menaquinone-4 (MK-4)
- Supports Proper Calcium Metabolism\*

250 Veg Capsules

A Dietary Supplement Vegetarian/Vegan



Vitamins

Family owned since 1968.

## Supplement Facts

Serving Size 1 Veg Capsule

### Amount Per Serving

Vitamin K <sub>2</sub> (as Menaquinone-4) (MK-4)	100 mcg**
Alfalfa Powder (Aerial Parts)	250 mg**

\*\* Daily Value not established.

Other ingredients: Hypromellose (cellulose capsule), Ascorbyl Palmitate, Rice Flour and Silicon Dioxide.

Manufactured by NOW FOODS, 395 S. Glen Ellyn Rd. Bloomingdale, IL 60108, USA [nowfoods.com](http://nowfoods.com)

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

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

Store in a cool, dry place after opening.

Natural color variation may occur in this product.

