

SUGGESTED USE: Adults take 1 softgel once a day or as directed by your qualified healthcare professional.

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 versus K₁ and MK-4, and better supports carboxylation of specific proteins needed to build bones and support cardiovascular health.*

WARNING: Consult a healthcare professional before using this product if you are pregnant, nursing, under the age of 18, are taking medication (especially anticoagulants [e.g. Warfarin/Coumadin]) or have a medical condition; if adverse reactions occur, discontinue use.

**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
FORMULAS.**

MK-7

BIOACTIVE VITAMIN K₂ 90 MCG

Supports bone and
cardiovascular health*

 **gluten free**

90 SOFTGELS
DIETARY SUPPLEMENT



Supplement Facts

Serving Size 1 Softgel

	Amount Per Serving
Vitamin K ₂ (as MK-7 [Menaquinone-7])	90 mcg †

† Daily Value (DV) not established.

Other Ingredients: Medium chain triglycerides (modified coconut oil), softgel (bovine gelatin, glycerin, water, organic caramel [color]) and olive oil.

Distributed by Jarrow Formulas, Inc.
Sherman Oaks, CA 91403, USA
1-866-459-4154 www.Jarrow.com

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

Do not use if safety seal is damaged or missing.



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PROD # 130021

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APPROX.
FILL LINE