

## PRODUCT INFORMATION

One tablet typically provides:

		%RDA*
Vitamin K2	45µg	60

(menaquinone-7)

\*RDA = Recommended Daily Allowance (new 2009 value)

**INGREDIENTS:** Bulking agent: natural *Lithothamnion calcarea*; bulking agent: cellulose; menaquinone-7 (from soya); zein protein coating, flow agent: magnesium stearate\*; anti-caking agent: silicon dioxide. \*(vegetarian source)

**DOES NOT CONTAIN:** sugar, salt, wheat, gluten, yeast, lactose, dairy products, artificial preservatives, colours or flavourings.

**Suitable for vegetarians and vegans.**

**This product is not tested on animals.**



Charitable organisations policy: supplements regularly donated

HIGHER NATURE®  
PREMIUM NATURALS

VITAMIN K2

MenaQ7®  
Natural Vitamin K2

60 tablets  
VEGETARIAN  
FOOD SUPPLEMENT

## VITAMIN K2

**DIRECTIONS:** Adults and children over 4 years take 1 tablet a day, or as your health professional advises. Do not exceed recommended daily intake.

Food supplements should not be used as a substitute for a varied diet.

Vitamin K2 is necessary for building and maintaining strong, healthy bones, supporting a healthy heart and helping to maintain optimum blood circulation by supporting healthy blood vessels. It is also essential for normal blood clotting. Natto (fermented soya beans) is an excellent source. Safe to take with blood thinning medication at the suggested daily intake. MenaQ7 is patent protected vitamin K2.

This bottle has a UV filter.

Keep out of reach of children. Ensure lid is tight and store in a cool, dry, steam-free environment as damp conditions can affect the product quality.

HIGHER NATURE Burwash Common, East Sussex, TN19 7LX, UK

60 tablets

QVK060

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QVK-348-02