

Vitacost Vitamin K Complex with K1 & K2 -- 400 mcg - 90 Softgels



SKU #: 835003007295

Combination formula delivering vitamin K1 and K2 to help maintain strong, healthy bones.* Promotes cardiovascular health by supporting healthy blood vessels and healthy blood clotting.*

What is Vitacost Vitamin K Complex?

Vitacost Vitamin K Complex features a combination of vitamin K1 and vitamin K2. Vitamin K refers to a family of fat-soluble compounds known as quinones. Vitamin K1 (phyloquinone) is the natural form, found in green leafy vegetable such as spinach, kale and broccoli, as well as in green peas, carrots, soy beans, eggs, liver and dairy

Vitacost Vitamin K Complex with K1 & K2 Directions

As a dietary supplement, take 1 softgel daily with food or as directed by a physician.

Store in a cool, dry place.

Supplement Facts

Serving Size: 1 Softgel

Servings per Container: 90

	Amount Per Serving	% Daily Value
Vitamin C (as ascorbyl palmitate)	10 mg	16%
Vitamin K	400 mcg	500%
Vitamin K1 (phyloquinone)	200 mcg	*
Vitamin K2 (menaquinone, MK7)	200 mcg	*
Medium Chain Triglycerides (MCT)	200 mg	*

*Daily value not established.

Other Ingredients: Gelatin, glycerin, purified water, yellow beeswax, lecithin (soy), caramel and St. John's Bread (carob). Contains: Peanut and Soy.

Warnings

Pregnant or lactating women, diabetics, hypoglycemics, and people with known medical conditions and/or taking drugs should consult with a licensed physician and/or pharmacist prior to taking dietary supplements. Individuals taking anticoagulant drugs, such as coumadin or heparin, should avoid vitamin K supplements unless otherwise directed by a physician.