

SUGGESTED USE Consume one capsule daily or as recommended by a health care professional. For best results, take this product with food containing a small amount of fat. This product is most effective when used in conjunction with a high potency, comprehensive multi-vitamin-mineral supplement such as one of **ANDREW LESSMAN'S Life Rx™** formulas. **For answers to questions about the use of this product call 800.800.1200.**

WARNING Unless directed by a physician, Vitamin K is not for use with any anticoagulant drugs (Coumadin, Warfarin, Heparin, etc.). If you have ever experienced any blood clotting abnormalities, consult with a health professional before using this or any Vitamin K-containing product.

**QUESTIONS? RE-ORDERS?
CALL 800.800.1200
WWW.PROCAPSLABS.COM**

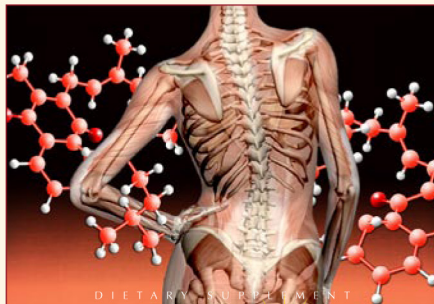


430 Parkson Road
Henderson, NV 89011



VITAMIN K-500™

**OPTIMUM SKELETAL SUPPORT
AND CALCIUM UTILIZATION**



360 Easy-to-Swallow Capsules

Andrew Lessman's VITAMIN K-500 provides a convenient, affordable source of high levels of Vitamin K-1 – otherwise known as Phytonadione. Vitamin K has always been well-known for its essential role in blood clotting and not surprisingly, the name Vitamin K is derived from the German word Koagulation, which is the equivalent of our word coagulation or clotting. *Of course, it is important to note that Vitamin K should not be used by those receiving treatment for blood clotting issues.* More than essential for blood clotting, Vitamin K plays a number of other vital functions in the body, the most important of which is the discovery of its crucial role in the movement, integration and retention of Calcium in bone. This essential role of Vitamin K in bone health has been confirmed by numerous studies that have shown that healthy levels of Vitamin K are associated with improved support of the skeleton. Unfortunately, like so many of the most important nutrients, Vitamin K is found in the healthiest foods that Americans avoid, such as green leafy vegetables. Making matters worse is the fact that very little Vitamin K can be stored in the body and what little we retain is rapidly utilized requiring constant replenishment through diet or supplementation. When combined with a diet or supplement regime rich in Calcium and Vitamin D, our **Vitamin K-500** provides a convenient, inexpensive and effective means of achieving the levels of Vitamin K necessary to support optimum bone and skeletal health.

This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

CONTAINS NO Milk, soy, yeast, wheat, gluten, sodium, salt, sugar, starch, fat, cholesterol, oil, emulsifier, wax, binder, filler, excipient, lubricant, coating, diluent, flowing agent, common allergen, color, flavor, sweetener or preservative.

CONTAINS NO ADDITIVES OF ANY KIND

Supplement Facts

Serving Size 1 Capsule	Servings Per Container 360	
Amount Per Serving	%DV*	
Vitamin C (as ascorbyl palmitate)	5 mg	8%
Vitamin K₁ (as phytonadione)	500 mcg	625%
Calcium (as calcium citrate/carbonate)	150 mg	15%
Silicon (as silicon dioxide/ Soluble Organic Silicon-SOS)	5 mg	†

* Percent Daily Values (%DV) are based on a 2,000 calorie diet.

† Daily Value not established.

Other Ingredients: Gelatin capsule.

NO ADDITIVES.