

**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. Consult physician if pregnant/nursing, taking medication (especially anti-coagulant drugs such as warfarin, Coumadin®, heparin), or have a medical condition. Keep out of reach of children.

Natural color variation may occur in this product.

Do Not Eat Freshness Packet.  
Keep in Bottle.

CAPSULE SIZE

CODE 0990 v6



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# Vitamin K-2

## 100 mcg

**Supports Bone Health\***

- Biologically Active Form\*
  - Supports Proper Calcium Metabolism\*
  - With 300 mg of Alfalfa
- ## 100 Veg Capsules



A Dietary Supplement Vegetarian/Vegan



**Vitamins**

Family owned since 1968.

## Supplement Facts

Serving Size 1 Veg Capsule

|                                                     | Amount<br>Per Serving | % Daily<br>Value |
|-----------------------------------------------------|-----------------------|------------------|
| Vitamin C<br>(from Ascorbyl Palmitate)              | 2 mg                  | 3%               |
| Vitamin K <sub>2</sub><br>(as Menaquinone-4) (MK-4) | 100 mcg               | 125%             |
| Alfalfa Powder                                      | 300 mg                | †                |

† Daily Value not established.

Other ingredients: Cellulose (capsule), Rice Flour and Silica.

NOW FOODS, 395 S. Glen Ellyn Rd.

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

Store in a cool, dry place after opening.  
Please Recycle.

