

USAGE: Take 1 softgel per day or as directed by your qualified healthcare professional.

NOTE: If you have a medical condition, are pregnant, lactating, trying to conceive, under the age of 18, or taking medications (especially anticoagulants [e.g. warfarin/Coumadin]), consult your healthcare professional before using this product.

Jarrow Formulas® MK-7 is made via fermentation by *Bacillus subtilus natto*. MK-7 (Menaquinone-7) is the bioactive form of vitamin K₂ found naturally occurring in Natto. MK-7 is ten times better absorbed than K₁ from spinach* and is responsible for the carboxylation of specific bone proteins needed for building bones.*

Keep out of the reach of children.

* 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®

Vitamin K₂ | Bioactive Form of
as MK-7 | Vitamin K₂ from Natto

MK-7

10X BETTER ABSORBED | Promotes
Than K₁ From Spinach* | Bone Health*

90
MICROGRAMS

60
SOFTGELS

**DIETARY
SUPPLEMENT**

Supplement Facts

Serving Size 1 Softgel Servings Per Container 60

	Amount Per Serving	% DV
MK-7 (Vitamin K ₂ as Menaquinone-7) (from non-GMO Natto Extract)	90 mcg	112%

* Daily Value not established.

Other Ingredients: Non-GMO medium chain triglycerides, and non-GMO soybean oil. Softgel consists of gelatin, glycerin, water and caramel (as a light barrier).

No wheat, no gluten, no dairy, no egg, no fish/shellfish, no peanuts/tree nuts.

11314MK7 PROD # 130001

Distributed Exclusively by:
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