

SUGGESTED USAGE: Take 1 tablet 1 to 2 times daily.

HOW IT WORKS: Vitamin K is well known for its role in blood clotting, but has also been found to play an important role in normal bone formation and the preservation of bone strength.* Vitamin K2 more specifically is a significant regulator of tissue calcification and is critical for the maintenance of arterial elasticity and cardiovascular health.* Vitamin K2 includes two of the most studied subtypes, MK-7 (Menaquinone-7) and MK-4 (Menatetrenone). MK-7, the most readily absorbed and bioactive form of K2, has no common dietary sources.* Unlike Vitamin K1, which is stored in the liver, MK-7 is transported directly to tissues and has a longer half-life than either K1 or MK-4.*

CAUTIONS/INTERACTIONS: If you are taking warfarin or other anti-coagulant medications, consult your healthcare practitioner before taking this product.

Do Not Eat Freshness Packet. Keep in Bottle.

Natural color variation may occur in this product.

Store in a cool, dry place after opening.

Please Recycle.

PROTOCOL
FOR LIFE BALANCE®

MK-7

Vitamin K₂

160 mcg

- Supports Bone Health*
- Supports Vascular Elasticity*

60 Tablets

A Dietary Supplement
Vegetarian/Vegan



Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Vitamin K ₂ (as Menaquinone-7) (MK-7) (from Non-GMO Natto)	160 mcg	200%

Other ingredients: Cellulose, Magnesium Oxide, Stearic Acid (vegetable source), Silica, Magnesium Stearate (vegetable source) and Vegetarian Coating.

Contains soy.

Protocol For Life Balance®

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protocolforlife.com

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

*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.



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