



## Vitacost Vitamin K2 - MenaQ7(R) – 50 mcg - 30 Softgels

SKU #: 844197019397 Shipping Weight: 0.05 lb Servings: 30

Supplement Facts

Product Details

### Supplement Facts

Serving Size: 1 Softgel  
Servings per Container: 30

	Amount Per Serving	% Daily Value
Vitamin K2 (as menaquinone) MenaQ7®	50 mcg	63%

*Other Ingredients: Sunflower seed oil, gelatin, glycerin, water, natural caramel color and titanium dioxide.*

*Contains: 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 anticoagulants (e.g., warfarin, heparin) or aspirin and other salicylates should consult with their physician before taking supplements containing vitamin K. Keep out of reach of children.

Supplement Facts

Product Details

### Vitacost Vitamin K2 - MenaQ7(R) Description

*Natural vitamin K2 supplement for bone health support.\* Featuring MenaQ7®—a premium, clinically studied form of vitamin K2.*

- **Natural bone health support\***
- **With MenaQ7®—a clinically studied form of vitamin K2**
- **Naturally derived from Japanese natto (fermented soybeans)**
- **Superior to K2 supplements made with the synthetic (MK-4) form**
- **Supplies 50 mcg per serving**

#### What is Vitamin K?

Vitamin K is a group of compounds known as quinones, needed by the body to make certain types of proteins required for normal blood coagulation and bone health.\* Vitamin K1 (phyloquinone) is found primarily in leafy green vegetables such as spinach and kale, while vitamin K2 (menaquinone) is produced by bacteria in both human and animal intestines.

#### How does Vitamin K support health?

- Vitamin K's primary function in the body is to aid in the production of Gla (gamma carboxyglutamic acid) proteins, which play a part in coagulation and anti-coagulation of blood.\*
- Vitamin K is also necessary for osteoblasts (bone-forming cells) to activate osteocalcin, a protein that binds calcium to bones.\* Therefore, adequate amounts of vitamin K make certain calcium is properly delivered to bones and arterial health is maintained.\*

#### Why choose Vitacost Vitamin K2?

- Features clinically studied MenaQ7® natural vitamin K2
- Derived from the Japanese food natto, not synthetically made
- 50 mcg per single-softgel serving
- 30 serving per bottle
- Incredible quality at an everyday low, affordable price

#### About Vitacost

Vitacost nutritional products are manufactured to high standards of quality, efficacy and safety. Each Vitacost product meets or exceeds the standards and requirements set forth in the FDA's Code of Federal Regulation (21 CFR, 111)

Current Good Manufacturing Practices (cGMP).

\*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.

#### Directions

As a dietary supplement for adults 18 years of age and over, take 1 softgel daily or as directed by a healthcare professional.

Keep dry and at room temperature (59° - 75° F [15° - 24°C]).

#### Free Of

Milk, eggs, peanuts, crustacean shellfish, fish, gluten.

#### Disclaimer

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