

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.

CODE
P0993
V5



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	133%

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

Contains soy.

Protocol For Life Balance®, 395 S. Glen Ellyn Rd.
Bloomington, IL 60108, USA 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.

Natural color variation may occur in this product.