

USAGE: Take 1 softgel per day or as directed by your qualified health care consultant.

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 health care practitioner before using this product.

Jarrow FORMULAS® MK-7 is made via fermentation by *Bacillus subtilus natto*. MK-7 (Menaquinone-7) is an enhanced bioactive form of vitamin K₂ from Natto that is ten times better absorbed than K₁ from spinach. MK-7 is responsible for the carboxylation of specific bone proteins needed for building bone.* Also, MK-7 promotes cardiovascular health by helping to maintain arterial elasticity.*

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:

**SUPER
VALUE!**

Jarrow FORMULAS®

MK-7

**Vitamin K₂
as MK-7** **90
MCG**

Derived from Natto

**Promotes Bone* and
Cardiovascular Health***

90 mcg 60 Softgels
Dietary Supplement

Supplement Facts

Serving Size 1 Softgel Servings Per Container 60

Amount Per Serving % DV

MK-7 (Vitamin K₂ as Menaquinone-7) **90 mcg** 112%
(from Natto Extract)

* Daily Value not established.

Other Ingredients: Medium chain triglycerides, evening primrose oil, and soybean oil. Softgel consists of gelatin, water, glycerin and caramel (as a light barrier).

Contains: Soy.

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

Distributed Exclusively by:

Jarrow FORMULAS®

Superior Nutrition and Formulation™

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www.Jarrow.com

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