

**SUGGESTED USE** Consume one capsule daily or as recommended by a health care professional. For best results, take this product with food containing a small amount of fat. This product is most effective as part of a healthy diet and active lifestyle, along with one of **ANDREW LESSMAN'S** multi-vitamin-mineral formulas. **For answers to questions about the use of this product, call 800.808.7311.**

**WARNING** Unless directed by a physician, Vitamin K is not for use with any anticoagulant drugs (Coumadin, Warfarin, Heparin, etc). If you have ever experienced any blood clotting abnormalities, consult with a health professional before using this or any Vitamin K-containing product.

**THIS PRODUCT IS ONLY AVAILABLE FROM**



800.944.9999  
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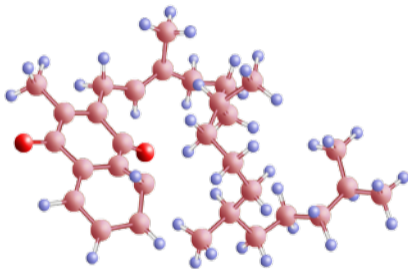
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# VITAMIN K 500™

**OPTIMUM SKELETAL SUPPORT  
AND CALCIUM UTILIZATION**



DIETARY SUPPLEMENT

**PROCAPS**  
LABORATORIES

**ALL-SOLAR**  
MANUFACTURING

360 Easy-to-Swallow Capsules

**Andrew Lessman's VITAMIN K 500** provides a convenient high potency source of Vitamin K-1 (Phytonadione). Vitamin K is well-known for its essential role in blood clotting and its name is derived from the German word **Ko**agulation (English coagulation or clotting). *Of course, our Vitamin K is not intended for use by those being treated for blood clotting issues without physician approval.* Beyond its role in blood clotting, Vitamin K plays many other vital functions in the body, most noteworthy is its crucial role in the utilization and retention of Calcium in bone. Numerous clinical studies have shown that healthy levels of Vitamin K support improved bone and skeletal health. Unfortunately, like many key nutrients, Vitamin K is found in foods that most Americans avoid, such as green leafy vegetables. Making matters worse is the fact that Vitamin K is not well stored in the body and requires consistent replenishment. When combined with a diet or supplement regime rich in the other bone health nutrients: Calcium and Vitamin D, our **Vitamin K 500** provides an economical and effective means of achieving the levels of Vitamin K necessary to support optimum bone and skeletal health.

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.

**CONTAINS NO ADDITIVES OR COMMON ALLERGENS OF ANY KIND.**

## Supplement Facts

Serving Size 1 Capsule	Servings Per Container 360	
Amount Per Serving	%DV*	
Vitamin C (as ascorbyl palmitate)	5 mg	8%
Vitamin K-1 (as phytonadione)	500 mcg	625%
Calcium (as calcium carbonate)	150 mg	15%

\* Percent Daily Values (%DV) are based on a 2,000 calorie diet.

Other Ingredients: Gelatin capsule.