**SUGGESTED USE** Consume one capsule daily or as recommended by your physician. As with any dietary supplement, this product is most effective as part of a healthy diet and active lifestyle, along with a daily multi-vitamin-mineral formula. For 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.

Andrew Lessman’s VITAMIN K2 MK-7 50 provides a high potency blend of Vitamin K in the form of Vitamin K-1 (Phytonadione) and, most importantly, as Vitamin K-2 Menaquinone-7 (MK-7) to deliver newly recognized and essential benefits to bone and heart health. Vitamin K’s name originates from the role of Vitamin K-1 in blood clotting (Koagulation in German) but, today, its most important function centers around Vitamin K-2 MK-7 and its now recognized role in the utilization of Calcium within the body and, as a result, its indispensable role in both bone health, as well as heart and cardiovascular health. These far-reaching benefits to skeletal and cardiovascular health have now been consistently observed and established in the scientific literature. Our VITAMIN K2 MK-7 50 is formulated to deliver an unsurpassed source of Vitamin K-2 for optimum bone and heart health. Plus, for any person consuming Calcium and Vitamin D, Vitamin K-2 MK-7 has been shown to ensure the greatest benefits of those essential nutrients. It is also important to note that the best source of Vitamin K-2 is the unusual Japanese food called fermented natto from soybeans, which virtually no Americans consume. Fortunately, our VITAMIN K2 MK-7 50 makes it easy and economical to obtain all the benefits of Vitamin K-2 in a small easy-to-swallow capsule. 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** Milk, soy, yeast, corn, wheat, gluten, sodium, salt, sugar, cholesterol, color, preservative, common allergens or manufacturing additives.

**Supplement Facts**

- **Serving Size:** 1 Capsule
- **Servings Per Container:** 360
- **Amount Per Serving**
  - Vitamin K Complex: 100 mcg (83%)
  - Vitamin K2 MK-7: 50 mcg (as menaquinone-7)
  - Vitamin K1 (as phytonadione): 50 mcg
- **%DV**
- **Other Ingredients:** Extra virgin olive oil (Organic), soft-gelatin capsule (gelatin, purified water, glycerin).

**360 Easy-to-Swallow Capsules**

**DIETARY SUPPLEMENT**

**HIGHEST ACTIVITY VITAMIN K2**

**PROMOTES BONE AND HEART HEALTH**

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