

**SUGGESTED USE** Consume one capsule daily or as recommended by a health care professional. 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**



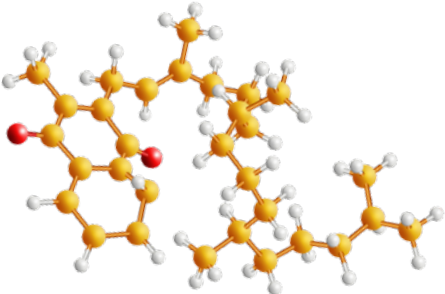
**800.944.9999**  
**WWW.HSN.COM**



**800.800.1200**  
**PROCAPSLABS.COM**

# VITAMIN K<sub>2</sub> MK-7 -200-

HIGHEST ACTIVITY VITAMIN K<sub>2</sub>  
PROMOTES BONE AND HEART HEALTH



DIETARY SUPPLEMENT



360 Easy-to-Swallow Capsules

**Andrew Lessman's VITAMIN K<sub>2</sub> MK-7 200** 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 K<sub>2</sub> MK-7 200** 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 K<sub>2</sub> MK-7 200** 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.

**CONTAINS NO ADDITIVES OF ANY KIND.**

Supplement Facts		Serving Size 1 Softgel
		Servings Per Container 360
Amount Per Serving		%DV*
Vitamin K Complex	250 mcg	313%
Vitamin K <sub>2</sub> MK-7 (as menaquinone-7)	200 mcg	
Vitamin K <sub>1</sub> (as phytonadione)	50 mcg	
* Percent Daily Values (%DV) are based on a 2,000 calorie diet.		
Other Ingredients: Extra virgin olive oil (Organic), soft-gelatin capsule (gelatin, purified water, glycerin).		