SUGGESTED USE Consume one or more capsules daily or as recommended by your physician. This product is most effective when used as part of a healthy diet and active lifestyle. For questions about the use of this product call 800.332.7799.



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**VITAMIN K2 MK-7** -60 MCG -

> Vitamin K's Most Active Form Promotes Optimum Heart, Bone and Circulatory Health



Andrew Lessman's VITAMIN K2 MK-7 60 provides the most active and beneficial form of Vitamin K-2, Menaquinone-7 (MK-7). Vitamin K2 MK-7 is now recognized as essential for bone and heart health through its role in regulating Calcium metabolism. The "K" in Vitamin K2 MK-7's name stems from the role of Vitamin K-1 in blood clotting, since it was discovered in Germany where "Koagulation" is spelled with a K. Vitamin K2 MK-7's unique importance instead relates to its scientifically established central role in calcium utilization and thus bone, heart and cardiovascular health. Essentially, Vitamin K2 MK-7 promotes the retention of calcium in healthy bone while discouraging its being deposited in other tissues causing undesirable calcification of arteries, heart valves, etc. By discouraging calcification, Vitamin K2 MK-7 promotes flexible, resilient arteries and heart valves, which is a defining characteristic of cardiovascular health. In short, Vitamin K2 MK-7 acts like a "traffic cop" directing calcium to the vital tissues where it is required while keeping it out of those where it is not desired. Since we all must consume calcium daily our healthy bones and

flexible arteries require Vitamin K2 MK-7. Sadly, there is no significant source of Vitamin K2 MK-7 in the typical American diet making supplementation the only reliable method of acquiring this essential vitamin.

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 Softgel	Servings Per Container 360
Amount Per Serving	%DV*
Vitamin K <sub>2</sub> MK-7	60 mcg 50%
* 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).