

Vitamin K + Complex - Product number B035 - 100 tablets

Description

Natural forms of vitamin K1 (phylloquinone or phytomenadion) and vitamin K2 (menaquinone, MK7).

Vitamin K contributes to normal blood clotting. Vitamin K2 (MK-7) and Vitamin D contribute to the maintenance of normal bones.

Ingredients per tablet and% Reference Intake:

Vitamin K2 (as MK-7 from natto, purified) 80 mcg 107%

Vitamin K1 (if phytomenadion = phylloquinone) 50 mcg 67%

Vitamin D3 (cholecalciferol) 10 mcg (400 i.e.) 200%

Fillers: vegetable magnesium stearate, rice starch, microcrystalline cellulose, maltodextrins (from corn). **Anti-caking agent:** silicon dioxide. The vitamin K2 in this product is obtained from a fermented, highly purified Natto extract, but may contain very minor traces of soy.

Usage and warnings:

Adults take 1 to 2 tablets per day with meals. Persons taking anti-clotting medications, especially coumarin derivatives such as warfarin, should first consult an expert. Do not exceed recommended dosage. Keep out of reach of children. Do not use in hypersensitivity to any of the ingredients in this product. A dietary supplement is not a substitute for a balanced diet.