

Suggested Usage: Take 1 capsule daily with a fat-containing meal. NOW® Mega D-3 & MK-7 combines vitamins D-3 and K-2, two nutrients extensively researched for their roles in the health of bones, teeth and the cardiovascular system.* Vitamin D-3 works with calcium to support bone health, and more recent studies indicate it's important for immune system health as well.* MenaQ7® MK-7 is a unique soy-free, bioavailable form of vitamin K-2 that plays a critical role in arterial health through its ability to support proper calcium metabolism in blood vessels and arteries.* Vitamin K-2 is also important for the formation of strong, healthy bones.*

*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.

Caution: For adults only. Do not exceed the recommended dose. Consult physician if pregnant/nursing, taking any anti-coagulants (such as warfarin, Coumadin®, heparin), or other medications (especially topical psoriasis medications or thiazide diuretics), or have a medical condition (especially hypercalcemia, kidney disease, or hyperparathyroidism). Discontinue use two weeks prior to surgery. Keep out of reach of children.

This bottle is made from 100% PCR (post-consumer recycled) resin.

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MenaQ7



Mega D-3 & MK-7

5000 IU / 180 mcg

Bone & Cardiovascular Support*

Vitamins D-3 & K-2

60 Capsules

A Dietary Supplement



Vitamins

Family owned since 1968.

Supplement Facts

Serving Size 1 Capsule

	Amount Per Serving	% Daily Value
Vitamin D (as D ₃ Cholecalciferol) (from Lanolin)	125 mcg (5,000 IU)	625%
Vitamin K-2 (as Menaquinone-7) (MK-7) (MenaQ7®) (from chickpea)	180 mcg	†

† Daily Value not established.

Other ingredients: Microcrystalline Cellulose, Hypromellose (cellulose capsule) and Silicon Dioxide.

Manufactured by NOW FOODS, 395 S. Glen Ellyn Rd. Bloomingdale, IL 60108, USA nowfoods.com

Made and quality tested in the USA with globally sourced ingredients. Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or sesame ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

MenaQ7® is a registered trademark of NattoPharma ASA, Norway. Patents granted and pending. Store in a cool, dry place after opening.

