

**Vitamin K<sub>2</sub>**  
**Menquinone-7**

**DESCRIPTION**

Vitamin K<sub>2</sub> supplies a significant amount of biologically active vitamin K<sub>2</sub> in the form of menaquinone-7 (MK-7).

**INDICATIONS**

- Bone formation support<sup>‡</sup>
- Support for healthy blood vessels<sup>‡</sup>

**FUNCTIONS AND MECHANISM OF ACTION**

Vitamin K functions as a cofactor and enhances bone formation by carboxylation of osteocalcin. This enables osteocalcin to bind to calcium and promote healthy bone mineralization. Vitamin K, or menaquinone, includes a group of compounds that contain a central ring structure with varying side chains. These differing side chains account for variations in absorption, bioavailability, transport, and tissue distribution. The most common menaquinones are menaquinone-4 (MK-4) and menaquinone-7 (MK-7). Studies indicate that MK-7 concentrates in extra-hepatic tissues, including vascular tissues, and has a longer half-life compared to the MK-4 form. In addition, vitamin K supports healthy blood vessels by functioning as a cofactor in the production of blood coagulation factors and vessel walls.<sup>‡</sup>

**FORMULA (#202597)**

Serving Size 1 Vegetarian Capsule:

Vitamin K<sub>2</sub> (as menaquinone-7) ..... 90 mcg

Other ingredients: Microcrystalline cellulose, hydroxypropyl methylcellulose (capsule), ascorbyl palmitate

**SUGGESTED USE**

Adults take 1 capsule daily with a meal or as directed by a health professional.

**WARNING**

If you are pregnant, nursing, have any health condition or taking any medication, consult your health professional before using this product. Consult a health professional prior to use if you are taking blood thinners.

**STORAGE**

Store in a cool, dry place, away from direct light. Keep out of reach of children.

**REFERENCES**

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**For more information on Vitamin K<sub>2</sub>, visit [douglaslabs.com](https://douglaslabs.com)**

‡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.

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