



<b>Supplement Facts</b>		
Serving Size 1 capsule		
<b>Amount Per Serving</b>	<b>% Daily Value</b>	
Vitamin K	2050 mcg	2563%
(as Vitamin K1-Phytonadione 1000 mcg; Vitamin K2-Menaquinone-4 1000 mcg; Vitamin K2-Menaquinone-7 50 mcg)		
Lecithin (from soy)	150 mg	*
* Daily Value not established.		
<b>Other Ingredients:</b> Vegetable stearate, silicon dioxide, microcrystalline cellulose.		



**Tri-K™**

**Recommended For: Osteoporosis & Atherosclerotic Plaque Reduction**

Tri-K™ provides a clinically useful dose of vitamin K in three forms in order to correct a widespread deficiency of this vitamin. This new vitamin K formula provides:

1000 mcg Vitamin K1 -the naturally occurring form of vitamin K in vegetables. Research tells us that 1-2 mg daily is ideal for promoting optimal function of the GLA proteins, which safely direct calcium in the body.

1000 mcg Vitamin K2- in the MK-4 highly bio-available form. Antibiotics in the food supply reduce the intestinal bacteria that produces vitamin K2. Also, poor conversion of K1 to K2 in some people makes supplementation with K2 (MK-4) important.

50 mcg Vitamin K2 - in the MK-7 form. This is produced by food fermentation (free of soy allergens) that has the special property of metabolizing slowly throughout the day, providing a continuous source of vitamin K between supplementations.

All forms of vitamin K are fat soluble and should be taken with a meal. Lecithin was added to enhance absorption.

'These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any diseases.'

