Please read ‘Food Supplement Guidelines’ for details on necessary regulatory requirements for labelling.

**FRONT LABEL**

Vitamin K2 MK-7

Food Supplement providing Vitamin K2

Vitamin K contributes to normal blood clotting & to the maintenance of normal bones.

100µg x 120 Capsules

Suitable for vegetarians and vegans

**BACK LABEL**

**Directions:**

Adults, take 1 capsule daily, with water and food.

Do not exceed recommended daily dose.

**Product Information:***One capsule typically provides*

*Vitamin K2 (as MK-7) 100µg*  (133% \*NRV)

*\*NRV = Nutrient Reference Value*

**Ingredients:**

Bulking Agent: Brown Rice Flour, Capsule Shell:Hydroxypropyl Methylcellulose, Vitamin K2 (Dicalcium Phosphate, Menaquinone-7).

**Allergy Advice**: Although rigorous precautions are taken to prevent any cross-contamination, this product is manufactured in a facility that handles allergy-based materials.

**Cautions:**

Always consult your health practitioner before taking nutritional supplements, especially if you are taking medication or are under medical supervision. You should not take supplements as a substitute for a varied balanced diet or healthy lifestyle. Store in a cool dry place, out of reach of children.

**Best Before:**

For best before end and batch number see base.

Manufactured to the GMP code of practice for:

Name or business name and address of the food business operator.

PLEASE NOTE: If you are selling in/exporting to the EU you will need to include the address details of the Food Business Operator, or Importer, based in the EU. You can have a UK address and an EU address if selling in both territories.

**Please give files following file names:**

Front Label: PL-409$front

Back Label: PL-409$back

**Label Size**

970px x 1655px at 300DPI (that's 84mm x 140mm)