

Live Better. Every Day.™

Directions: Take two capsules once daily with food as a food supplement. For best results, use this product every day.

Important: Consult a healthcare practitioner if you are pregnant or breastfeeding. Do not exceed the recommended dose. Food supplements should not be used as a substitute for a varied, balanced diet and healthy lifestyle.

Contains no artificial preservatives, colours, sweeteners, wheat or dairy.

Product has been sealed for your protection. Do not use if seal is broken. Store in a cool dry place. Replace cap tightly after use.

Keep out of reach of children.

Imported and Distributed by: **Lifestyles UK & Eire Ltd.**
Suite 1, Enterprise Freight Building, Unit 1 Fortune Business Park
Hemmells, Laindon, Essex, England SS15 6ED

Manufactured by: **Lifestyles Global Network**
8100 Keele Street, Vaughan, ON, Canada L4K 2A3

Visit www.lifestyles.net for more product information.

For Best Before End: See base of bottle.

Made in Canada



vitaMK7™
Natural vitamin k2 as MK7



QUALITY ASSURED: Manufactured in accordance to the Good Manufacturing Practices (GMP) as outlined by the Canadian Natural Health Products Directorate.

Lifestyles™
K2 plus

A food supplement
containing Folic Acid,
Vitamins K2, B6 and B12

60 Capsules (32g)

PREMIUM QUALITY

Nutrition Information

	Per 2 capsules	% NRV*
Vitamin K2	120 µg	160%
Vitamin B6	0.32 mg	23%
Folic Acid	730 µg	365%
Vitamin B12	1.94 µg	78%
Hawthorn Extract	214 mg	+
Cocoa Powder	130 mg	+
Red Beet Extract	60 mg	+
Capsicum annum	15 mg	+

* Nutrient Reference Value

+ No NRV established

Ingredients: Hawthorn Extract, Beef Gelatin, Cocoa Powder, Magnesium Citrate, Maize Starch, Red Beet Extract, Capsicum Annum, Vitamin K2, Anti-Caking Agents (Magnesium Stearate, Silicon Dioxide), Folic Acid, Vitamin B6, Vitamin B12

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