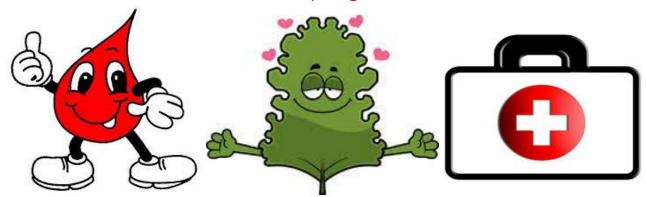
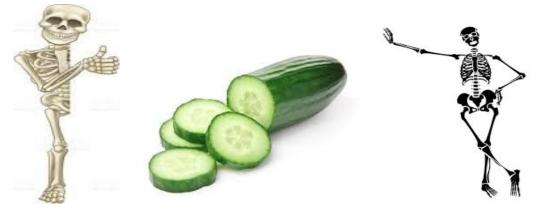
## WHAT'S THE BIG DEAL ABOUT VITAMIN K???

★ Vitamin K is important in your body because it helps your blood to clot when you get a cut.



★ Vitamin K works as a "glue" to help keep calcium and other important minerals in your bones.



★ By keeping calcium in bones, Vitamin K may also be decreasing your risk of heart disease by limiting calcium in your blood stream.

