Super K product #02334 is a formula that combines vitamin C with vitamin K1 and two forms of vitamin K2. It provides 10 mg of vitamin C and 2,600 mcg of total vitamin K activity per softgel. The recommended dose is (1) softgel daily with food. Product #02334 contains three forms of vitamin K (phytonadione [K1], menaquinone-4 [K2], and trans menaquinone-7 [K2] as K2VITAL®), vitamin C as ascorbyl palmitate, and other commonly used acceptable excipients (extra virgin olive oil, gelatin, glycerin, beeswax, purified water, carob color, microcrystalline cellulose, maltodextrin). Therefore, the adverse event (allergic reaction with hives that required hospitalization) reported by the Amazon customer might be related to the active ingredients or the excipients. The exact circumstances in which these adverse reactions occurred are unknown which makes it difficult to precisely determine why those customers experienced such serious side effects. People respond differently to dietary supplements. Some individuals might be more sensitive or susceptible than others and experience rare and serious adverse reactions, which might have been the case with those customers. In addition to a possible reaction to the active ingredients, some sensitive individuals may also react to excipients, which are commonly used and necessary for processing and stability. Some unwanted side effects are uncommon and unpredictable which makes it hard to anticipate when or how often they might occur and who will experience them. This product does not contain any of the major 8 allergens required on the label under the Food Allergen Labeling and Consumer Protection Act of 2004. It also does not have any rice or gluten containing ingredients. It contains maltodextrin derived from corn. The starting materials for the K1 are menadione and natural phytol. Menadione is of synthetic source, while natural phytol is of botanical origin, derived from Morus alba (mulberry leaves). The starting
materials for the synthesized MK-4 are Methyl-1,4-naphthoquinone and Geraniol. The Methyl-1,4-naphthoquinone is of synthetic source and the Geraniol is natural. Natural MK7 is obtained through a patented biofermentation process of Bacillus subtilis spp natto. The soy protein was removed from the fermentation medium. A total absence of solvents is guaranteed by the advanced technologies of purification used, which include extraction by a proprietary supercritical CO2 technology.

Other Ingredients
• Extra virgin olive oil – It is added to achieve an ideal viscosity for encapsulation for the vitamin K2 (MK-7).
• Gelatin – It is part of the softgel shell. It is derived from a bovine source.
• Glycerin – It is a part of the softgel shell.
• Beeswax – It is added to standardize the viscosity and promote proper suspension of the active ingredients.
• Purified water – It is part of the softgel shell.
• Maltodextrin – It is a carrier in the menaquinone-7. It is added to allow for the efficient flow during the manufacturing process.
• Microcrystalline cellulose
• Carob color – It is a part of the softgel shell and it is used as a natural color agent.

Common side effects and warnings are clearly listed on the product:
Amazon Product Page - Important Information - Safety Information:
Caution: If you are taking anticoagulant or antiplatelet medications, or have a bleeding disorder, consult with your healthcare provider before taking this product.

Warnings on product label:
Caution: If you are taking anticoagulant or antiplatelet medications, or have a bleeding disorder, consult with your healthcare provider before taking this product.

Warnings:
• KEEP OUT OF REACH OF CHILDREN
• DO NOT EXCEED RECOMMENDED DOSE
• Do not purchase if outer seal is broken or damaged.
• When using nutritional supplements, please consult with your physician if you are undergoing
treatment for a medical condition or if you are pregnant or lactating. Vitamin K: Orally, vitamin K causes few adverse effects. The most common include nausea, diarrhea, and abdominal upset. Typically, side effects such as these can be lessened by taking the supplement with food, which the instructions recommend. Less commonly, intake of vitamin K2 (menaquinone) along with calcium and vitamin D3 can cause an increased incidence of skin and skin appendage lesions compared to taking calcium and vitamin D3 alone. However, the risk of this adverse event is low, with 0.5 incidences per 100 patient-years occurring for patients treated with vitamin K, calcium, and vitamin D3 and 0.1 incidences per 100 patient-years occurring for patients treated with calcium and vitamin D3 alone. The FNB did not establish ULs for vitamin K because of its low potential for toxicity. In its report, the FNB stated that “no adverse effects associated with vitamin K consumption from food or supplements have been reported in humans or animals.” Vitamin C: Vitamin C has low toxicity and is not believed to cause serious adverse effects at high intakes. It is generally safe when taken at recommended levels. The most common complaints are diarrhea, nausea, abdominal cramps, and other gastrointestinal disturbances due to the osmotic effect of unabsorbed vitamin C in the gastrointestinal tract. However, issues such as these only occur with high doses of vitamin C, much more than this product contains. The Food and Nutrition Board (FNB) has established the Tolerable Upper Intake Level (UL) for vitamin C at 2,000 mg/day in adults 19 years and older. Long-term intakes above the UL may increase the risk of adverse health effects. According to the Mayo Clinic, taking too much vitamin C can cause skin flushing. However, there are no reports of allergic reactions such as skin rashes or hives associated with oral intake of high amounts of vitamin C. Product #02334 contains amounts of vitamin C that are largely below UL. It cannot be excluded that the allergic reactions experienced by the Amazon
customers have been triggered by possible allergens present in the other ingredients used in product #02334 formulation (extra virgin olive oil, gelatin, glycerin, beeswax, purified water, carob color, microcrystalline cellulose, maltodextrin). Although this product does not contain any of the major 8 allergens required on the label under the Food Allergen Labeling and Consumer Protection Act of 2004, it does contain maltodextrin derived from corn, which very sensitive individuals may experience an adverse reaction to.