

VITAMIN K2 WITH D3

PRODUCT INFO SHEET



Description

Vitamin K2 with D3 provides both bone support and cardiovascular support.

Ingredients

Bone health is an important aspect of overall health often overlooked by many Americans. One of the most well known nutrients for bone health is calcium; however, research is finding that calcium alone may not be enough.

Vitamin K has historically been known as the coagulation vitamin, more recent studies have shown that vitamin K plays more than just a role in coagulation and is essential in bone health as well. There are three different forms of vitamin K which include K1, K2 and K3. Vitamin K1 is found in leafy green vegetables while K2 is produced by bacteria. Vitamin K3 is a synthetic product and is typically not found in dietary supplements.

Osteocalcin is an important bone building protein. In order for osteocalcin to be utilized by bones it must first undergo a process called gamma-carboxylation. Vitamin K is needed for osteocalcin to undergo this process which allows the osteocalcin to bind with calcium and be utilized by bones. Osteocalcin requires higher amounts of vitamin K for the total gamma-carboxylation of the protein. Vitamin K2 as MK7 has been found to stay in the body longer than K1. This provides the body with supplies of vitamin K for longer amounts of time.

Vitamin D is also an important bone nutrient and is believed to play a role in achieving gamma-carboxylation of osteocalcin as well. Together vitamin K2 and D3 make a truly efficacious bone supporting supplement.

Dosage

SUGGESTED USE: 1 capsule per day or as recommended by your health care professional.

Contraindications

Do not consume this product if you are pregnant or nursing. Caution is advised for those who are on blood thinning medications such as Coumadin and Warfarin. Exceeding the recommended dose is not advised.

Supplement Facts

Serving Size: 1 Capsule

Servings Per Container: 60

1 capsule contains	Amount Per Serving	% Daily Value
Vitamin D3 (as Cholecalciferol)	1,000 IU	250%
Vitamin K2 (as MK7)	45 mcg	56%

Other Ingredients: Natural Vegetable Capsules. This product may contain one or more of the following: Calcium Silicate, Magnesium Stearate, Microcrystalline Cellulose and Silicon Dioxide.

ID #125060 ~ 60 Capsules

ID #125120 ~ 120 Capsules



These statements have not been evaluated by the FDA. This product is not intended to treat, diagnose, prevent, or cure any disease. Consult a physician before taking. Should you experience any serious physical side effects from taking these nutritional supplements, discontinue and call your doctor immediately.