



VITAMIN K₂ WITH D₃

CLINICAL APPLICATIONS

- Supports Healthy Blood Circulation
- Promotes Bone Health and Proper Calcium Storage
- Supports Cardiovascular Health and Blood Sugar Balance
- Boosts Immune Function

ESSENTIAL VITAMINS

What is Vitamin K with D3?

A growing body of research shows that when it comes to bone health, ensuring optimal intake of vitamin K is a critical piece of the puzzle. New research is focusing on the synergistic relationship between vitamin K (specifically, vitamin K₂) and vitamin D₃, especially in terms of bone strength and cardiovascular health.^[1] A group of naturally occurring and structurally similar, fat-soluble vitamins, vitamin K is essential for the proper utilization of calcium. Through its activation of the protein osteocalcin, vitamin K helps to bind newly absorbed calcium to the mineral matrix in bone. In addition, vitamin K has been found to help maintain bone mineral density by decreasing the activity of osteoclasts, a cell that breaks down the bone matrix.^[2] Vitamin K also provides critical cardiovascular protection by helping to carboxylate Matrix GLA Protein (MGP), an inhibitor of circulatory calcification.^{[3],[4]} Thus, vitamin K and vitamin D not only share similar qualities, but they also act synergistically with one another within the body.^[5] This formulation of Vitamin K₂ with D₃ includes 45 mcg of vitamin K₂ delivered as MK-7 and 5,000 IU of vitamin D₃ per capsule, for optimal absorption and use by the body.

Overview

While vitamin D has long been known to assist calcium absorption, it is vitamin K, through its carboxylation of osteocalcin, which guides this calcium to bones and prevents their absorption into organs, joint spaces and arteries. Vitamin K occurs in three main forms: K₁ (phyloquinone), derived from foods such as green leafy vegetables; K₂ (menaquinone), which

originates from bacteria^[6]; and a third form, K₃ (menadione), a synthetic analogue. Numerous studies have shown that vitamin K₂ is the more bioavailable form of the nutrient^[7] and more powerfully influences bone building than K₁. In addition, though both reach the liver, most of the K₁ is used for purposes of coagulation, with little left over to support the body's needs elsewhere.^[8] The profoundly different degree of bioavailability between K₁ and K₂ is due to differences in structure: Only 10-20% of vitamin K₁ that is absorbed from food even reaches the circulation, while the long side-chain of vitamin K₂ allows it to bind with fat particles in circulation and facilitate its arrival at soft tissue, bones and arteries. There are two forms of vitamin K₂ commonly used in supplements: MK-4 and MK-7. The MK-7 form has been shown to have six times the activity of MK-4 in the blood.^[7] MK-7 has also been found to remain in the blood approximately nine times as long as the MK-4 (8 hours versus 72 hours), making it the optimal form of K₂ for health.^[9]

Vitamin K Depletion[†]

Although most people consume adequate dietary vitamin K to maintain sufficient blood clotting, most do *not* consume enough to meet cardiovascular and bone health needs. Compromised intestinal absorption can also lead to insufficient K₂ levels leaving calcium available to be exported out of bone and into other tissues. Other medications such as antibiotics, cholesterol-lowering medications and laxatives have also been found to contribute to a deficiency of vitamin K.^[10]

Bone Health[†]

Building and maintaining healthy bones requires a number of key nutrients including vitamin K, for the proper binding of calcium to the bone matrix. A 2005 study from northern Finland

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found that those with greater levels of vitamin K-carboxylated osteocalcin had stronger bones than those with lower levels of the protein. A Japanese study found superior bone health among women who were frequent MK-7-rich Natto eaters than those who were not.^[11] Another randomized study which split 172 women into a vitamin K2 group, a vitamin D3 group, a vitamin K2 and D3 group, and a placebo group for 2 years found that the combination of vitamin D3 and K2 had the most benefits for supporting bone health among the groups.^[12]

Cardiovascular Health and Blood Sugar Balance[†]

Vitamin K plays a key role in supporting the cardiovascular system as well as healthy blood sugar balance. In a large population study, researchers found that those who consumed high amounts of K2 had significantly better cardiovascular health markers compared to those given vitamin K1.^[13] Studies have also shown vitamin K supports healthy blood sugar metabolism.^[14, 15]

Immune Modulation[†]

New evidence also suggests vitamin K plays a central role in balancing immune health. Recent studies have shown that both vitamins D and K impart immune-modulating effects. In the Framingham Offspring Study, one of the longest standing studies on generational health, higher serum levels of vitamins D and K were associated with stronger immune function and a balanced inflammatory response.^[16, 17] In a 2011 study, vitamin K was also found to suppress various markers of the immune system.^[18]

Directions

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

Does Not Contain

Wheat, gluten, dairy products, fish, shellfish, peanuts, tree nuts, egg, artificial colors, artificial sweeteners or preservatives.

Cautions

Do not consume this product if you are pregnant or nursing.

Supplement Facts ^{v6}		
Serving Size 1 Capsule		
Servings Per Container 30 & 60		
1 capsule contains	Amount Per Serving	% Daily Value
Vitamin D3 (as Cholecalciferol)	5,000 IU	1,250%
Vitamin K2 (as Menaquinone-7 (MK-7))	45 mcg	56%

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