

K2·D3

Vitamins K2 and D3 in their active forms for effective Cardiovascular and Bone Support.

Each capsule contains:

Vitamin K2 (menaquinone-7)	120mcg
Vitamin D3 (cholecalciferol)	1000IU (25mcg)



60 vegetable capsules

Gluten and dairy free.

K2-D3 vegetable capsules are designed for effective delivery of vitamins K2 and D3 into the body. Together, these vitamins work synergistically to support heart health, bone health, immune function and more. Vitamin K2 is a nutrient that is now well-known to be crucial for the proper distribution of calcium into the skeletal system and away from the cardiovascular system. It does this through its ability to activate two proteins, osteocalcin and matrix-GLA protein, thereby shunting calcium in the proper direction.

Vitamin D3, also known as cholecalciferol, is the preferred form of vitamin D for optimal bioavailability and function within the body. Classically, vitamin D3 is known for its ability to upregulate calcium absorption from the

gut. However, research has discovered that it is imperative for countless actions within the body and it is needed for proper immune function, mood health, cardiovascular function, skin health and proper gene expression. In fact, many experts now refer to vitamin D3 as a hormone because of these many actions and its ability to modify genes within the body.

Each vegetable capsule in Cyto-Matrix's K2-D3 features 120mcg of Vitamin K2 and 1000 IU of Vitamin D3. Vitamin K2 is found in its most active MK-7 form, shown to have a half-life of 72 hours and much greater bioactivity in the body than other vitamin K2 forms. K2-D3 should be taken with food to optimize absorption and bioavailability because each vitamin is fat-soluble.

Key points

- Primarily indicated for optimal cardiovascular and bone support
- Additional benefits for immunity, mental health, skin and hormone regulation
- Vitamin K2 is delivered in its active form, MK-7, with a 72-hour half-life and greater bioactivity in the body, compared to MK-4
- Suitable for vegetarian populations

Related products

K2-D3 Matrix

K2-D3 Matrix Liquid

Cal-Mag + 1000IU D3 Liquid

Cyto-D3 Liquid

Non-Medicinal Ingredients: Vegetable-grade stearate, microcrystalline cellulose, silicon dioxide. Capsule: hypromellose.

Indications: Adults - Take 1 capsule per day with food or as directed by a healthcare professional.

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Warnings: Do not use if safety seal is broken. Consult a healthcare professional prior to use if you are taking blood thinners.