

# Vitamin D3 & K2

## 1000 IU D3 · 120 mcg K2

### Maintains Bone Health

#### Product Summary

Vitamin D and vitamin K have diverse and complementary physiological functions, close associations with age-related and chronic diseases, and a strong body of clinical evidence documenting widespread insufficiency and therapeutic potential.<sup>1,2</sup> Vitamin D has both hormonal and non-hormonal functions, with vitamin D receptors translating into a myriad of physiological actions, ranging from bone metabolism to modulation of immune activity.<sup>3,4</sup>

Vitamin D regulates the expression of hundreds of genes, influences cellular proliferation and signalling, insulin production and sensitivity, and is a critical inhibitor of several inflammatory pathways.<sup>5,6</sup> Insufficiency has been linked to increases in cardiovascular disease, cancer risk, diabetes and metabolic syndrome, as well as overall mortality.<sup>7,8,9,10,11</sup>

Vitamin K-dependent (VKD) proteins also have a nearly ubiquitous presence and regulate diverse functions including cellular growth, arterial calcification and bone metabolism.<sup>12</sup> Clinically, low intakes are associated with increased risk for cardiovascular disease, diabetes, cancer, fracture and all-cause mortality.<sup>13,14,15,16</sup> Vitamins K and D have complementary physiological functions, and clinical trials have shown synergistic benefit for both osteoporosis and cardiovascular disease when used together.<sup>17,18,19</sup>

#### Unique Features

- Provides clinically effective doses of vitamins D and K per softgel
- Vitamin D3 has the highest potency for increasing serum and storage levels of vitamin D
- Uses the optimal form of vitamin K, vitamin K2 Menaquinone-7 (MK-7)
- MK-7 has the longest half-life and best extra-hepatic distribution of all forms
- A D3 and MK-7 combination has a synergistic benefit compared to single nutrient therapy

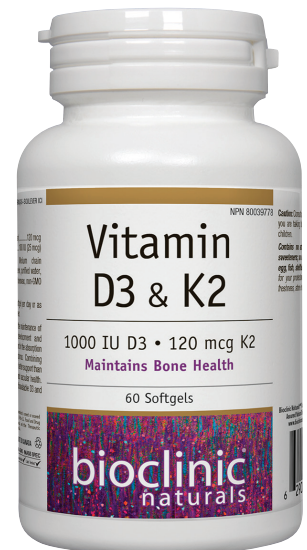
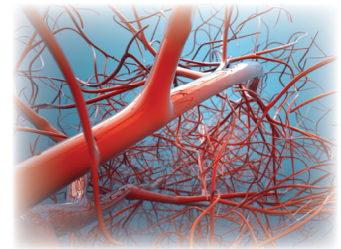
## Vitamin D3 & K2

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60 Softgels

Code: 9313

NPN: 80039778



**Actual size:** 11.43 mm x 7.26 mm

**Feature:** Bone and vascular health

## Supplement Facts

Serving Size: 1 Softgel

Servings per Container: 60

### Each Softgel Contains:

Vitamin K2 (Menaquinone) (MK-7) (Natto Bean)..... 120 mcg  
 Vitamin D3 (Cholecalciferol)..... 1000 IU (25 mcg)

**Non-medicinal Ingredients:** Medium chain triglycerides, softgel (gelatin, glycerin, purified water, caramel, titanium dioxide), yellow beeswax, non-GMO sunflower lecithin.

**Contains no artificial colours, preservatives, or sweeteners; no dairy, sugar, wheat, gluten, yeast, egg, fish, shellfish, salt, tree nuts, or GMOs.** Sealed for your protection. Do not use if seal is broken. For freshness, store in a cool, dry place.

**Recommended Adult Dose:** 1 softgel per day or as directed by a health care practitioner.

**Recommended Use:** A factor in the maintenance of good health. Helps in the development and maintenance of bones and teeth, and in the absorption and use of calcium and phosphorus. Combining vitamins D and K may provide even better support than the individual nutrients for bone and vascular health. Contains the bioactive and highly bioavailable D3 and MK-7 forms.

**Contraindications:** Consult a health care practitioner prior to use if you are taking blood thinners. Keep out of reach of children.

**Drug Interactions:** When taken with a thiazide medication (diuretic), vitamin D may increase the risk for hypercalcemia. Also, vitamin D may improve insulin sensitivity and lower blood pressure, requiring a reduction in dosage of hypertension and/or diabetic medications. Vitamin K may antagonize the effect of some anticoagulant medications, particularly warfarin, and should be taken together only with medical supervision. Recent data suggests vitamin K supplementation may stabilize INR's and reduce adverse effects among those on vitamin K antagonists, but combined use should be carefully monitored.<sup>20,21</sup>

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