



Calcium K/D

Introduced 2014



What Is It?

Calcium K/D offers a high elemental level of calcium per capsule with vitamins K and D to support bone and cardiovascular health.*

Uses For Calcium K/D

Bone Health: Calcium K/D combines di-calcium malate with vitamins D and K for optimal bone support and to reduce the risk of osteoporosis[†]. Di-calcium malate provides a high percentage of elemental calcium, fully chelated with the Krebs cycle intermediate malate for optimal absorption. Vitamin D promotes intestinal calcium absorption and reduces urinary calcium loss. A 7-year study involving over 30,000 women indicates that combined calcium and vitamin D supplementation promotes healthy hip bones. Vitamin K enhances bone formation by carboxylating osteocalcin. This enables osteocalcin to bind to calcium and promote healthy bone mineralization. Adequate intake of vitamin K₁ and K₂ may be especially important for optimal carboxylation in aging individuals. By activating matrix Gla-protein (MGP), vitamin K also helps maintain healthy calcium metabolism in vascular tissues, supporting healthy vascular elasticity.*

What Is The Source?

Calcium is derived from the lime of rock. Malate is synthetic. Vitamin K₁ is synthetic. Vitamin K₂ (MK-7) is derived from flower extracts geraniol and farnesol. Vitamin D₃ is derived from lanolin.

Recommendations

Pure Encapsulations recommends 2-6 capsules daily, in divided doses, with or between meals.


Are There Any Potential Side Effects Or Precautions?

If pregnant or lactating, or have a history of kidney stones, consult your physician before taking this product. Vitamin K may be contra-indicated for individuals on dialysis treatment. Consult your physician for more information.

Are There Any Potential Drug Interactions?

Calcium should be taken separately from certain antibiotics, thyroid medications and bisphosphonate medications. Vitamin K supplementation may be contraindicated for those taking Coumadin/warfarin anticoagulant medication. Consult your physician for more information.

Calcium K/D

two vegetarian capsules contain	 v	OO
calcium (as DimaCal® di-calcium malate).....		400 mg
vitamin D ₃		1,000 iu
vitamin K (as vitamin K ₁ and 23% vitamin K ₂ (menaquinone-7)).....		130 mcg
other ingredients: vegetarian capsule (cellulose, water)		
2-6 capsules daily, in divided doses, with or between meals.		

DimaCal is a registered trademark of Albion Laboratories, Inc. Malates covered by U.S. Patent 6,706,904 and patents pending.

[†]Risk factors for osteoporosis include sex, race, age and inadequate calcium intake. Populations at highest risk for osteoporosis include Caucasian, Asian, postmenopausal women, and elderly women and men. Adequate calcium intake throughout life is linked to a reduced risk of osteoporosis, as calcium helps to optimize peak bone mass during adolescence and early adulthood in conjunction with exercise and healthy diet. Calcium intake greater than 2,000 mg per day has no further known benefit to bone health.