

PureHeart[®] K₂D

Supports cardiovascular function[†]

INDICATIONS

- Ages 18 and up
- Cardiovascular support[†]

BENEFITS

- Supports cardiovascular health[†]
- Promotes calcium balance in vascular tissue[†]
- Targets vascular tissue to support healthy arterial blood flow and vascular elasticity[†]

FEATURES

- Contains naturally derived Vitamin K₂ (menaquinone-7)
- Made with high-quality vegetarian ingredients backed by verifiable science

VERIFIABLE SCIENCE

Vitamin K₂ (menaquinone-7) promotes healthy vascular calcium balance and cardiovascular function. In a systematic review involving five studies, higher intakes of vitamin K₂ were associated with cardiovascular health.¹ Research indicates that it supports the carboxylation of matrix Gla-protein (MGP), a key protein involved in calcium balance.² Unlike vitamin K₁, which promotes bone health, menaquinone-7 targets vascular tissue to support healthy arterial blood flow and vascular elasticity.³ In an observational study involving 564 postmenopausal women, higher intake of vitamin K₂ was associated with calcium balance in the vascular tissue.⁴ Optimal serum levels of vitamin D are also important to maintain healthy calcium balance in vascular tissues, in part by supporting the activity of MGP.⁵ Studies indicate that the combination of vitamin K and D provides synergistic support.⁶ Vitamin K supplementation may be contraindicated for those taking Coumadin (warfarin), an anticoagulant medication.[†]

SUGGESTED USE

As a dietary supplement, take 1 capsule, 1-2 times daily, with a meal.

STORAGE

Store in a cool, dry place.

WARNING

Vitamin K may be contraindicated with Coumadin (warfarin). If you are pregnant or lactating, have any health condition or are taking any medication, particularly blood-thinning medication, consult your health professional before use.

SOURCE

- Vitamin K₂ (MK-7) is naturally derived from flower extracts geraniol and farnesol
- Vitamin D₃ is derived from lanolin
- Hypo-allergenic plant fiber is derived from pine cellulose

NOTES

Size 2 caps

Bottle count 60

Order code PHK26

Bottle size 75 cc

REFERENCES

1. Rees K, et al. *Maturitas*. 2010 Oct;67(2):121-8.
2. Schurgers LJ, et al. *Blood*. 2007 Apr 15;109(8):3279-83.
3. Vermeer C, et al. *Vascul Dis Ther*, 2020 5:
4. Beulens JW, et al. *Atherosclerosis*. 2009 Apr;203(2):489-93.
5. Cranenburg EC, et al. *J Vasc Res*. 2008;45(5):427-36.
6. Je SH, et al. *J Korean Med Sci*. 2011 Aug;26(8):1093-8.

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SUPPLEMENT FACTS

1 capsule, 1-2 times daily, with a meal.

Each (size 2) vegetarian capsule contains:

Vitamin D (as cholecalciferol) (D₃) 25 mcg (1,000 IU)

Vitamin K₂ (menaquinone-7) 240 mcg

Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

This product contains Vitamin K, which interferes with the prescription drug Coumadin (Warfarin). If you are taking blood thinning medications, consult your health professional before use.



PureHeart [®] K ₂ D	Quantity	Order Code
	60	PHK26

Visit PureEncapsulationsPro.com for more information about our GMO policy.

[†]These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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