

Synergy K

Supports bone and arterial health[†]

INDICATIONS

- Ages 18 and up
- Bone health support[†]
- Vascular health support[†]

BENEFITS

- Supports bone and blood vessel health[†]
- Promotes bone mineralization[†]
- Supports calcium metabolism in vascular tissue to support vascular elasticity[†]
- Promotes healthy calcium utilization in order to maintain healthy bones and blood vessel function[†]

FEATURES

- Blend of vitamins K₁, K₂ and D₃
- Made with high-quality vegetarian ingredients backed by verifiable science

VERIFIABLE SCIENCE

Provides a blend of vitamin K₁, vitamin K₂ (MK-4), vitamin K₂ (MK-7), and vitamin D to support healthy calcium utilization. Vitamin K enhances bone formation by carboxylating osteocalcin¹. Recent studies indicate that vitamin D potentiates the activity of Matrix Gla protein (MGP) and that the combination of vitamin K and D provides synergistic support for blood vessel function and bone health.^{2,3†}

SUGGESTED USE

As a dietary supplement, take 1 capsule daily, with a meal, or as directed by a health professional.

STORAGE

Store in a cool, dry place.

WARNING

Not to be taken by pregnant or lactating women. Not for individuals taking blood-thinning medications. If you have any health condition or are taking any medication, consult your health professional before use.

SOURCE

- Vitamin K₁ and vitamin K₂ (menaquinone-4) are synthetic
- 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 capsules

Bottle count 60, 120

Order codes SKD6, SKD1

Bottle size 75 cc, 120 cc

REFERENCES

1. Villa JK, et al. *Crit Rev Food Sci Nutr*. 2016 Jul 20:0.
2. Arnson Y, et al. *Clin Rev Allergy Immunol*. 2013 Oct;45(2):236-47.
3. Bolton-Smith C, et al. *J Bone Miner Res*. 2007 Apr;22(4):509-19.

SUPPLEMENT FACTS

1 capsule daily, with a meal, or as directed by a health professional.

Each (size 2) vegetarian capsule contains:

Vitamin D (as cholecalciferol) (D ₃)	25 mcg (1,000 IU)
Vitamin K (as vitamin K ₁)	500 mcg
Vitamin K ₂ (menaquinone-4)	1,000 mcg
Vitamin K ₂ (menaquinone-7)	45 mcg

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

Not to be taken by pregnant or lactating women. This product is contraindicated with Coumadin (Warfarin). If you are taking a blood thinning medication, consult your health professional before use.



Synergy K	Quantity	Order Code
	120	SKD1
	60	SKD6

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