

NEW | VITAMINS & MINERALS

Vitamin D₃ & K₂

4,000 IU / 100 mcg

SUPPORTS BONE & VASCULAR HEALTH[‡]

Vitamin D₃ & K₂ provides vitamin D₃ and vitamin K₂ in **one convenient capsule**, including 100 mcg of biologically active, all-trans vitamin K₂ (MK-7) per capsule.

RESEARCH STUDIES

- In a systematic review involving five studies, higher intakes of vitamin K₂ were associated with **cardiovascular health**.^{3†}
- In an observational study involving 564 postmenopausal women, higher dietary intake of vitamin K₂ was associated with calcium **balance in the vascular tissue**.^{4†}
- Vitamin D₃ and vitamin K₂ both participate in the regulation of osteocalcin, a biomarker of bone formation.^{1,2} Several studies indicate that Vitamin K₂ also supports proper utilization of calcium in bone. Clinical research indicates that obtaining adequate amounts helps to **maintain bone health**.^{1, 5-9†}



Promotes healthy calcium utilization to maintain bone health[‡]



Supports healthy vascular tissue and elasticity[‡]



Supports immune function[‡]

Formulated for patients who are looking for **bone and vascular support**.[‡]



Supplement Facts

1 capsule daily, with a meal

One (size 3) capsule contains:

Vitamin D (as cholecalciferol)(D ₃)	100 mcg (4,000 IU)
Vitamin K ₂ (menaquinone-7)	100 mcg
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose)	

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. It is recommended that individuals taking more than 50 mcg (2,000 IU) vitamin D per day have their blood levels monitored.



NON
GMO

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Vitamin D ₃ & K ₂	Quantity	Order Code
	120	VDK41

REFERENCES

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4. Beulens JW, Bots ML, Atsma F, et al. Atherosclerosis. 2009 Apr;203(2):489-93.
5. El Borolossy R, El-Farsy MS. Eur J Clin Nutr. 2022 Jun;76(6):848-854.
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[‡]These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



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