



# D3 5,000 IU + K2

Featuring MenaQ7® Vitamin K2  
Supports Bone, Cardiovascular,  
and Immune Health\*

D3 5,000 IU + K2 is a highly bioavailable form of vitamin D3 (as cholecalciferol) and vitamin K2 (as patented MenaQ7®). Vitamin D3 and Vitamin K2 are essential micronutrients with ubiquitous roles throughout the body, such as supporting stress levels, bone health, skin health, heart health, and immune function.\*<sup>1</sup>

Thus, supplementation with D3 5,000 IU + K2 can help ensure users obtain adequate amounts of these key micronutrients in highly bioavailable forms.\*

## How D3 5,000 IU + K2 Works

Vitamin D3 is structurally similar to cholesterol and is converted via the liver and kidneys to its active form, calcitriol. It is imperative that oral supplementation of vitamin D comes in the form of D3; this is the most bioavailable form of vitamin D in a softgel, maximizing its absorption into the body.\*<sup>2,3</sup> Calcitriol goes on to perform a multitude of roles in the body and is particularly crucial for proper absorption of the minerals calcium, iron, magnesium, phosphate, and zinc. Calcitriol also supports and promotes bone growth and immune, cardiac, and neuromuscular functions.\*

It is crucial to obtain adequate amounts of vitamin D on a daily basis, as deficiency can lead to a host of health issues.\*<sup>4,5</sup>

Vitamin K2 (menaquinone) comes in a variety of forms, with evidence suggesting that the form MK-7 is particularly important for people with chronic health issues causing nutrient malabsorption.\*<sup>6</sup> Research demonstrates that vitamin K2 is a crucial micronutrient for supporting the cardiovascular system and bone health.\*<sup>7,8</sup>



**Form: 60 Softgels**

**Serving Size: 1 Softgel**

Ingredients	Amount	%DV
Vitamin D3 (as cholecalciferol)	125 mcg (5,000 IU)	625%
Vitamin K1 (as phytonadione)	15 mcg	13%
Vitamin K2 [as MK-7 <sup>†</sup> (menaquinone-7)]	60 mcg	50%

### Other Ingredients:

Gelatin, safflower oil, glycerin, purified water, calcium carbonate, turmeric extract.

<sup>†</sup> as MenaQ7® a registered trademark of NattoPharma, Norway; Patented in the United States and Canada. (US Patent Numbers 8,728,553 & 8,354,129; Canada Patent Number 2,347,387)

### Directions:

Take one softgel daily as a dietary supplement, or as directed by your healthcare practitioner. Do not exceed recommended dosage unless directed by your healthcare practitioner.

**Caution: If you are pregnant, nursing, or taking medication, consult your healthcare practitioner before use. Keep out of reach of children.**

**Warning: It is highly recommended that serum 25 (OH) and 1, 25 (OH) 2-vitamin D be monitored every 60-90 days while consuming this product to ensure that levels remain in an acceptable range.**

**Vitamin K2 may counteract the effects of anticoagulation therapy, and therefore is not recommended for patients on blood-thinning medications.**



\* 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.

## D3 5,000 IU + K2 Supplementation

Given the importance of adequate vitamin D levels in the body and many people's lack of exposure to direct sunlight, D3 5,000 IU + K2 supplementation can help users in a variety of ways. The most relevant research-backed benefits derived from consumption of vitamin D3 and K2 include:<sup>9,10</sup>

- Supports cardiovascular function\*
- Supports healthy mood and stress levels\*
- Supports bone and skin tissues\*
- Supports immune function\*

### References:

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