

K2/D3 10,000

- Supports Healthy Calcium Balance
- Promotes Optimal Bone Health
- Supports Cardiovascular Health and Arterial Elasticity
- Boosts Immune Function

Emerging research highlights the importance of optimal intake of vitamin K and its critical role in maintaining bone and cardiovascular health. Composed of a group of naturally occurring and structurally similar, fat-soluble vitamins, vitamin K is required for the proper utilization of calcium and helps to bind newly absorbed calcium to the bone matrix. Vitamin K helps maintain bone mineral density by decreasing the activity of osteoclasts, cells which break down bone.¹ It also provides critical cardiovascular protection by activating matrix Gla protein (MGP), a potent inhibitor of circulatory calcification.^{2,3} Along with vitamin D, another key nutrient required for overall wellness, these two nutrients act in synergy to support and maintain bone and cardiovascular health. Current research has found high-concentration supplementation, at 180 mcg/day, results in improved clinical results compared to lower-dose supplementation.⁴ This product provides 180 mcg of MenaQ7® PRO, the most widely studied form of vitamin K2 as MK-7, along with 10,000 IU of vitamin D3 for optimal support of bone and cardiovascular health.

Overview

Calcium and vitamin D are important mediators in bone growth, but vitamin K plays an equally important role. The synthesis of bone growth is dependent on vitamin K, through its carboxylation of osteocalcin, a protein secreted by osteoblasts.⁵ Osteocalcin guides calcium into bones and prevents its absorption into organs, joint spaces and arteries. Vitamin K occurs in two main forms: K1 (phylloquinone), found primarily in the liver, naturally occurs in green

leafy vegetables and is considered to be the main dietary source; and K2 (menaquinone), which is a group of related compounds differentiated by their side chains.⁶ MK-4 and MK-7 are the two subclasses of K2 most widely studied for their role in bone and cardiovascular health. MK-4 is primarily a metabolic byproduct of K1 while MK-7 is found in small quantities in liver mitochondria and other tissues.⁷ The MK-7 form is substantially more active, has a longer half-life and accumulates to higher concentrations in serum than vitamin K1.^{8,9} The different degrees of bioavailability between K1 and K2 are due to differences in structure. The long side-chain of vitamin K2 (specifically MK-7) allows it to bind with fat particles in circulation. This process then allows easier facilitation to soft tissue, bones and arteries. More recently, research has shown that doses of 180 mcg of MK-7 provide greater results when supporting both bone and cardiovascular health.⁴

The addition of MenaQ7® PRO to this formula is backed by extensive research. Dr. Leon Schurgers, a world-renowned expert in vitamin K2 as MK-7 research for cardiovascular and bone health, and his team of research scientists have conducted over 21 clinical trials on MenaQ7® PRO through the University of Maastricht.

Vitamin K Depletion†

Although most people consume adequate dietary levels/ amounts of vitamin K to maintain sufficient blood clotting, most do not consume enough MK-7 to meet cardiovascular and bone health needs. In fact, approximately 70% of the Western-world population is deficient in vitamin K2. Compromised intestinal

absorption can also lead to insufficient K2 levels, leaving calcium available to be exported out of bone and into other tissues. Other medications, such as antibiotics, cholesterol-lowering medications and laxatives, have also been found to contribute to a deficiency of vitamin K.^{10,11}

Bone Health†

Supplementation of K2 has repeatedly been shown to help maintain bone density and strength among women.¹² Research from Japanese populations has found superior bone health among women who more frequently consumed MK-7-rich natto than those who did not.¹³ The positive effect of K2 on bone health is also evident in healthy children, among whom modest supplementation with MK-7 has been shown to increase osteocalcin carboxylation.⁹ In a randomized, placebo-controlled trial, 180 mcg of MK-7 or placebo were given to 244 healthy post-menopausal women over the course of three years. After at least two years, statistically significant benefits were seen in the vertebrae, hip and femoral neck.¹⁴ Another ground-breaking, randomized, placebo-controlled trial gave 244 women, aged 55-65, 180 mcg of vitamin K2 or placebo. The study found that those given the K2 were significantly better able to maintain their osteoclast to osteoblast ratio. Furthermore, levels of circulating osteocalcin, a marker related to tissue calcification in the body, were reduced by 50% among women taking K2 versus a 4% increase among the placebo group after two and three years.⁴

Cardiovascular Health and Blood Sugar Balance†

Vitamin K also plays a key role in supporting the cardiovascular system and healthy blood sugar balance. In a large population study, those who consumed high amounts of K2 had significantly improved cardiovascular markers compared to those given vitamin K1.¹⁵ A cohort of over 16,000 women also linked higher intake of K2 with better maintenance of cardiovascular health.¹⁶ Studies have also shown vitamin K to support healthy blood sugar metabolism.^{17,18} In a 2021 study, a cohort of 68 people received 180 mcg of vitamin K as MK-7 twice daily for 12 weeks, which showed support for cardiovascular health.¹⁹ Another study showed that long-term (three years) supplementation of 180 mcg of vitamin K2 as MK-7 was safe and effectively maintained healthy arterial elasticity and cardiovascular function.^{20,21} The same amount of MK-7 was also found to impart substantial benefits in arterial plasticity and blood vessel elasticity in healthy women, which had previously been only with “pharmacological doses” up to 4,500 mcg of synthetic vitamin K.¹⁴

Triage Theory

The Triage Theory states that in the face of nutrient inadequacies, nature ensures the short-term survival of a cell is protected at the expense of long-term consequences.^{21,22} Vitamin K is an excellent example of this theory. Hypothetically,

a short-term deficiency in vitamin K would lead to a reduction in blood clotting. This direct threat to survival does not happen, as the body uses its metabolic reserve of vitamin K to ensure immediate needs are met. If continued, this dip into reserve leads to a long-term deficiency in vitamin K. Though not directly threatening immediate survival, long-term deficiencies are linked to bone fragility, arterial calcification and genomic instability. These issues are related to a loss of vitamin K-dependent proteins not required for short-term survival, nevertheless presenting long-term health challenges.²¹

Safety and Efficacy of High Dose Vitamin D

Two well-conducted clinical trials by Heaney et al²³ and Barger-Lux et al²⁴ each had cohorts of healthy men and administered increasing doses of vitamin D3 for 8 and 20 weeks, respectively. Serum 25(OH)D increased significantly up to mean values of 213 nmol/L (85.2 ng/mL) and 220 nmol/L (88 ng/mL), respectively, which are values comparable to those achieved with whole-body UV light exposure.^{25,26} Serum calcium was not increased, and no significant adverse effects were reported in either study. Therefore, 10,000 IU vitamin D3 intake was safe for this cohort of healthy men. Combining the results of these two studies with the absence of toxicity in normal subjects warrants a high level of confidence in the selection of 10,000 IU as the no-observed-adverse-effect level for vitamin D3 supplementation.

Directions

1 capsule per day or as recommended by your health care professional.

Does Not Contain

Gluten, yeast, soy, synthetic colors and artificial flavors.

Cautions

Do not consume this product if you are pregnant or nursing. All forms of vitamin K may interact with blood thinning medications. If you are taking such medicines, please consult your physician before taking this product.

Supplement Facts ^{V1}		
Serving Size 1 Capsule		
Servings Per Container 30		
	Amount Per Serving	% Daily Value
Vitamin D (D3 as Cholecalciferol)	250 mcg (10,000 IU)	1,250%
Vitamin K2 (as Menaquinone-7 (MK-7)) (MenaQ7 [®] PRO)	180 mcg	*
* Daily Value not established.		

MenaQ7[®]PRO
Vitamin K2 as MK-7

†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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