



D3 10,000 with K2

High-Potency, Bioavailable
Vitamin D Plus Vitamin K*

D3 10,000 with 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.*¹

Supplementing with D3 10,000 with K2 can help ensure you get the necessary amounts of these key micronutrients.* Read on to learn more about how D3 10,000 with K2 works to promote health and well-being.*

How D3 10,000 with 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 come in the form of D3; this is the most bioavailable form of vitamin D in a softgel, maximizing its absorption into the body.*^{2,3}

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 as well as 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.*^{4,5}

Vitamin K2 (menaquinone) comes in a variety of forms, with evidence suggesting that the form MK-7 is especially important for people that have chronic health issues causing nutrient malabsorption.*⁶ Research also demonstrates that vitamin K2 is a crucial micronutrient for supporting the cardiovascular system and bone health.*^{7,8}

D3 10,000 with K2 Supplementation

Given the importance of adequate vitamin D levels in the body and many people's lack of exposure to direct sunlight, D3 10,000 with 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:^{9,10}

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



Form: 60 Softgels

Serving Size: 1 Softgel

Ingredients	Amount	%DV
Vitamin D3 (cholecalciferol)	250 mcg (10,000 IU)	1,250%
Vitamin K1 (as phytonadione)	187 mcg	156%
Vitamin K2 [as MK-7† (menaquinone-7)]	137 mcg	114%

Other Ingredients:

Olive oil, gelatin, glycerin, purified water, calcium carbonate, turmeric extract.

† 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 with food or as directed by your healthcare practitioner. Do not exceed recommended dosage unless directed by your healthcare practitioner.

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

Warning: *Use should be short-term and include regular monitoring of 25-(OH)- and 1,25-(OH)2-vitamin D levels. This product contains vitamin D at a level that exceeds the adult tolerable upper intake level.*

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



GLUTEN-FREE



DAIRY-FREE



NON-GMO



PRODUCED IN A
cGMP FACILITY

* 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.

References:

1. Omdahl, J. L., & DeLuca, H. F. (1973). Regulation of vitamin D metabolism and function. *Physiological reviews*, 53(2), 327-372.
2. Holick MF (March 2006). "High prevalence of vitamin D inadequacy and implications for health". *Mayo Clin. Proc.* 81(3): 353-73.
3. Armas LA, Hollis BW, Heaney RP (November 2004). "Vitamin D2 is much less effective than vitamin D3 in humans". *J. Clin. Endocrinol. Metab.* 89 (11): 5387-91
4. Heaney RP (December 2004). "Functional indices of vitamin D status and ramifications of vitamin D deficiency". *The American Journal of Clinical Nutrition.* 80 (6 Suppl): 1706S-9S
5. Holick MF (December 2004). "Sunlight and vitamin D for bone health and prevention of autoimmune diseases, cancers, and cardiovascular disease". *The American Journal of Clinical Nutrition.* 80 (6 Suppl): 1678S-88S
6. Westenfeld, R., Krueger, T., Schlieper, G., Cranenburg, E. C., Magdeleyns, E. J., Heidenreich, S., ... & Floege, J. (2012). Effect of vitamin K2 supplementation on functional vitamin K deficiency in hemodialysis patients: a randomized trial. *American Journal of Kidney Diseases*, 59(2), 186-195.
7. Plaza, S. M., & Lamson, D. W. (2005). Vitamin K2 in bone metabolism and osteoporosis. *Alternative Medicine Review*, 10(1).
8. El Asmar, M. S., Naoum, J. J., & Arbid, E. J. (2014). Vitamin K dependent proteins and the role of vitamin K2 in the modulation of vascular calcification: a review. *Oman medical journal*, 29(3), 172.
9. Vieth R (May 1999). "Vitamin D supplementation, 25-hydroxyvitamin D concentrations, and safety". *Am. J. Clin. Nutr.* 69 (5): 842-56.
10. Chung M, Balk EM, Brendel M, Ip S, Lau J, Lee J, Lichtenstein A, Patel K, Raman G, Tatsioni A, Terasawa T, Trikalinos TA; Balk; Brendel; Ip; Lau; Lee; Lichtenstein; Patel; Raman; Tatsioni; Terasawa; Trikalinos (August 2009). "Vitamin D and calcium: a systematic review of health outcomes". *Evidence report/technology assessment* (183): 1-420.