

D₃K₂ VITAMINS



Vitamin D₃ and Vitamin K₂ work together synergistically with each nutrient aiding the other in its functions. These vitamins impact almost every system and function in the body. Most of the research supports the dual benefits that has been shown to effectively support overall heart and cardiovascular health, respiratory and immune system function, and also with helping to maintain strong bones.

Vitamin D

Vitamin D is most widely known as the sunshine vitamin because the body can make vitamin D when exposed to sunlight. Vitamin D deficiency is one of the most common nutrient deficiencies in the U.S., even with people living in climates where it's easy to be in adequate sunshine. Most people rarely get the Vitamin D they need simply due to modern lifestyles and demands that keep people indoors.

Your body also turns vitamin D into a steroid hormone that regulates 1000 genes in your body! Vitamin D has also been shown to have a positive impact on the immune system, cancer prevention, depression management, bone density, and more. The preferred supplemental source of Vitamin D is in the form of D₃ because of its bioavailability compared to D₂. Each capsule contains 125mcg (5,000IU) of Vitamin D₃ in the form of Cholecalciferol.

Vitamin K

Vitamin K has in recent years become more well-known for its critical role in bone health, calcium regulation and blood vessel stability. The preferred supplemental source is vitamin K₂ because of its superior bioavailability compared to K₁. Each capsule contains 45mcg of Vitamin K₂ in the form of Menaquinone-7 (MK-7, MenaQ7[®]PRO).

Potential Benefits of Vitamin D₃ and Vitamin K₂:

- Supports immune system function
- Supports steroid hormone production and function
- Supports the development of healthy, flexible arteries for cardiovascular health
- Supports optimum calcium absorption and utilization for bone health

SUPPLEMENT FACTS

Serving Size: 1 capsule

Servings Per Container: 120

	Amount Per Serving	% Daily Value
Vitamin D (as Cholecalciferol)	125mcg	625%
Vitamin K (as Menaquinone -7)	45mcg	37.5%

**Daily Value Not Established.

Other Ingredients: Cellulose (Capsule)



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.