

Vitamin D3 & K2

1000 IU D3 · 120 mcg K2
Bone & Vascular Health

Product Summary

Vitamin D and vitamin K have diverse and complementary physiological functions, close associations with age-related and chronic diseases, and a strong body of clinical evidence documenting widespread insufficiency and therapeutic potential.^{1,2} Vitamin D has both hormonal and non-hormonal functions, with vitamin D receptors translating into a myriad of physiological actions, ranging from bone metabolism to modulation of immune activity.^{3,4}

Vitamin D regulates the expression of hundreds of genes, influences cellular proliferation and signaling, insulin production and sensitivity, and is a critical inhibitor of several inflammatory pathways.^{5,6} Insufficiency has been linked to increases in cardiovascular disease, cancer risk, diabetes and metabolic syndrome, as well as overall mortality.^{7,8,9,10,11}

Vitamin K-dependent (VKD) proteins also have a nearly ubiquitous presence and regulate diverse functions including cellular growth, arterial calcification and bone metabolism.¹² Clinically, low intakes are associated with increased risk for cardiovascular disease, diabetes, cancer, fracture and all-cause mortality.^{13,14,15,16} Vitamins K and D have complementary physiological functions, and clinical trials have shown synergistic benefit for both osteoporosis and cardiovascular disease when used together.^{17,18,19}

Unique Features

- Provides clinically effective doses of vitamins D and K per softgel
- Vitamin D3 has the highest potency for increasing serum and storage levels of vitamin D
- Uses the optimal form of vitamin K, vitamin K2 Menaquinone-7 (MK-7)
- MK-7 has the longest half-life and best extra-hepatic distribution of all forms
- A D3 and MK-7 combination has a synergistic benefit compared to single nutrient therapy

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1000 IU D3 · 120 mcg K2

60 softgels

Code: 9313



Actual size: 11.43 mm x 7.26 mm

Feature: Bone and vascular health

Supplement Facts		
Serving Size 1 Softgel		
	Amount Per Serving	% Daily Value
Vitamin D3 (Cholecalciferol)	1000 IU	250%
Vitamin K2 (Menaquinone-7) (MK-7) (natto bean)	120 mcg	150%

Other ingredients: Softgel (gelatin, glycerin, purified water, caramel, titanium dioxide), medium chain triglycerides (coconut), beeswax, soy lecithin.

Contains no artificial preservatives or sweeteners; no dairy, gluten, wheat or yeast. Sealed for your protection. Do not use if seal is broken. For freshness, store in a cool, dry place.

Recommended Adult Dose: 1 softgel per day or as directed by a health care professional.

Combining vitamins D and K may provide even better support than the individual nutrients for bone and vascular health.*
 Contains the bioactive and highly bioavailable D3 and K2 (Menaquinone-7) (MK-7) (natto bean) forms.*

Contraindications: Consult a health care professional prior to use if you are taking blood thinners. Patients with chronic kidney or liver disease, sarcoidosis, lymphoma, tuberculosis, hypercalcemia, or those undergoing hemodialysis should only use under medical supervision. Keep out of reach of children.

Drug Interactions: When taken with a thiazide medication (diuretic), vitamin D may increase the risk for hypercalcemia. Also, vitamin D may improve insulin sensitivity and lower blood pressure, requiring a reduction in dosage of hypertension and/or diabetic medications. Vitamin K may antagonize the effect of some anticoagulant medications, particularly warfarin, and should be taken together only with medical supervision. Recent data suggests vitamin K supplementation may stabilize INR's and reduce adverse effects among those on vitamin K antagonists, but combined use should be carefully monitored.^{20,21}

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· GUARANTEED ·

Bioclinic Naturals products are guaranteed to meet or exceed Good Manufacturing Practices (GMP) of the Canadian Government and the Therapeutic Goods Administration (TGA) regulations of Australia—among the world's highest standards for natural products.



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