

# VITAMINS D&K

## Synergistic Support for Healthy Heart and Bones<sup>◇</sup>



**Why should I take Vitamins D&K?** Two fat-soluble vitamins that work exceptionally well together are Vitamin D and Vitamin K. While both are important on their own, the two work synergistically to become many times more powerful than each on their own.<sup>◇</sup>

There's no denying that Vitamin D helps foster healthy bone growth.<sup>◇</sup> Specifically, Vitamin D helps your body absorb calcium, the building-block of bone mass.<sup>◇</sup> Recent research has also shown that Vitamin K helps promote healthy bone mass as well.<sup>◇</sup> The study discovered that after just two weeks of daily supplementation with Vitamin K, urinary loss of calcium was reduced and circulating levels of osteocalcin (an important protein for bone synthesis) increased.<sup>◇</sup>

It appears that Vitamin K-dependent proteins in the body act as potent inhibitors of vascular calcification, which helps to ensure calcium ends up in bone where it belongs,

instead of calcifying soft tissues.<sup>◇</sup>

Put simply, Vitamin D allows your body to absorb calcium more readily and then Vitamin K directs that calcium straight to your bones.<sup>◇</sup> Consequently, when Vitamins D and K are both present in adequate quantities, your bones may be even more protected than if just one of the vitamins is present.<sup>◇</sup>

Another way that the fat-soluble Vitamins D and K work together involves safeguarding the heart.<sup>◇</sup> If soft tissues are damaged, the body's inflammatory response can result in calcium deposits in the damaged tissue. If this occurs in your blood vessels it can cause

the vessels to lose elasticity and contribute to the buildup of plaque. Matrix GLA Protein, the protein responsible for helping to protect blood vessels from calcification seems to be increased by Vitamins K and D.<sup>◇</sup>

To protect your entire body and help ensure optimum health, it is critical to consume a wide variety of fresh fruits and vegetables to ensure a broad spectrum of vitamins, minerals and phytonutrients are consumed. In addition to that, small amounts of healthy fats will ensure your body's lipid areas are able to receive the nutritional support and protection they need.

#### REFERENCES:

1. "Three-year low-dose menaquinone-7 supplementation helps decrease bone loss in healthy postmenopausal women," Knapen MH, Drummen NE, et al, Osteoporos Int, 2013 March 23.
2. Kidd PM Vitamins D and K as pleiotropic nutrients - 2010: Clinical importance to the skeletal and cardiovascular systems and preliminary evidence for synergy. Altern Med Rev. 2010 Sep;15(3):199-222.

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**Supplement Facts**

Serving Size / 1 Tablet

Servings Per Container / 60

Amount Per Serving	% Daily Value	
Vitamin D-3	24 mcg	120%
Vitamin K-2	25 mcg	21%

INGREDIENTS: Calcium Carbonate Microcrystalline Cellulose, Croscarmellose Sodium, PhytoZyme® proprietary blend (concentrated powders from Bromelain, Papain, Alfalfa, Parsley, and vegetable and fruit concentrates from Carrots, Broccoli, Pea, Banana, Cantaloupe, Lima Beans, Mango, Pumpkin, Spinach, Tomato, Cauliflower, Orange, Papaya, Sweet Potato, Asparagus, Beet, Green Bean, Snow Pea, Blueberry, Chili Pepper, Cranberry, Cucumber, Guava, Grapefruit, Kale, Lemon, Maitake Mushroom, Peach, Pineapple, Watercress, and Zucchini), Magnesium Stearate, Silica, Vitamin K-2 (Menaquinone-7; from Chickpea), and Vitamin D-3 (Cholecalciferol).

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As with all supplements, please consult your physician prior to taking if you are pregnant or attempting to become pregnant, breast-feeding, under a doctor's care or taking prescription medication.

Formulated in the exclusive PhytoZyme® base of plant enzymes for bioavailability and over 30 synergistic fruit, vegetable and herbal concentrates for "extra" phytonutrient cofactors.

Allergy Information: This product is processed in the same facility that processes products containing fish/shellfish, soy and dairy.

This product was not tested on animals.

Suitable for Vegetarians.

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**DIRECTIONS:** One tablet, two times a day.

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†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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