

Vitamin K₂

Vitamin K has long been recognized as an important fat soluble vitamin essential for blood coagulation and normal bone mineralization. Several different forms of vitamin K exist, with the primary dietary form being vitamin K₁, or phyloquinone, found primarily in green vegetables. Another form of vitamin K known as vitamin K₂, or menaquinone, is found in animal products such as meat or eggs, as well as in foods such as cheese and natto, a fermented soy product. While most of the benefits of vitamin K were previously attributed to vitamin K₁, recent research has identified important benefits for vitamin K₂.

Two forms of vitamin K₂ also occur and are used in dietary supplements: a natural form (known as MK-7) and a synthetic form (known as MK-4). While both forms have been found to have beneficial effects for bone health, the natural MK-7 form of K₂ appears to have several advantages over the synthetic form. For maximum benefit, natural vitamin K₂ is supplied in this product.

- **Contains 100% natural vitamin K₂:** Natural vitamin K₂ (MK-7) is supplied in this product. MK-7 has no reported side effects, is well-absorbed, and is the only vitamin K available in supplement form that is naturally derived. MK-7 also has the longest half-life in the body compared to other forms.
- **Enhanced benefits for bone mineralization:** While both vitamin K₁ and K₂ are crucial for bone mineralization, vitamin K₂ has been shown to be a more powerful form. It works by enhancing the activation and accumulation of calcium binding proteins. MK-7 has also been associated with preserved bone density, thus reducing or preventing bone loss.
- **Added benefits for blood vessels:** Emerging research also suggests an important role for the natural MK-7 form of vitamin K₂ for arterial function.

Vitamin K₂ can be used by those who want a more complete approach to vitamin K supplementation than vitamin K₁ alone. This extract is free of soy protein for maximum tolerance by those sensitive to soy. The amount of vitamin K₂ in this product is unlikely to have an effect on the action of the anticoagulant Coumadin[®]. If Coumadin[®] has been prescribed, regular intake of vitamin K is important to avoid significant daily fluctuations in daily vitamin K intake. This product is free of the following common allergens: milk/casein, eggs, fish, shellfish, tree nuts, peanuts, wheat/gluten, corn, yeast, and soybeans. Contains no artificial colors, flavors, or preservatives.

Suggested Use: 1 capsule daily with food.

This product was made in a GMP and ISO 9001:2008 registered facility.

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 60

Amount Per Capsule	% Daily Value
Vitamin K ₂ (as menaquinone-7)	50 mcg 63%

Other ingredients: Cellulose, vegetarian capsule (hydroxypropyl methylcellulose, water), L-leucine, and silicon dioxide.

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