

# Vitamin D<sub>3</sub> & K<sub>2</sub>

Supports bone and vascular health<sup>†</sup>

## INDICATIONS

- Ages 18 and up
- Bone and vascular health support<sup>†</sup>

## BENEFITS

- Promote healthy calcium utilization to maintain bone health<sup>†</sup>
- Supports vascular tissue to support healthy arterial calcium balance and vascular elasticity<sup>†</sup>
- Supports immune function with vitamin D<sub>3</sub><sup>†</sup>

## FEATURES

- Provides vitamin D<sub>3</sub> and vitamin K<sub>2</sub> in one convenient capsule
- 100 mcg of biologically active all-trans vitamin K<sub>2</sub> (MK-7) per capsule
- Made with hypoallergenic ingredients

## VERIFIABLE SCIENCE

Vitamin K<sub>2</sub> (menaquinone-7) is a fat-soluble nutrient with an important role in maintaining arterial calcium balance and vascular elasticity.<sup>1-12</sup> In a systematic review involving five studies, higher intakes of vitamin K<sub>2</sub> were associated with cardiovascular health.<sup>10</sup> In an observational study involving 564 postmenopausal women, higher intake of vitamin K<sub>2</sub> was associated with calcium balance in the vascular tissue.<sup>8</sup> One of the primary functions of vitamin K<sub>2</sub> is to support the carboxylation of matrix Gla-protein (MGP), a key protein involved in calcium balance.<sup>11</sup> Accordingly, several studies indicate that Vitamin K<sub>2</sub> also supports proper utilization of calcium in bone. Clinical research indicates that obtaining adequate amounts helps to maintain bone health.<sup>1-6</sup> Vitamin K<sub>2</sub> and vitamin D<sub>3</sub> both participate in the regulation of osteocalcin, a biomarker of bone formation.<sup>1,13†</sup>

## SUGGESTED USE

As a dietary supplement, take 1 capsule daily, with a meal or as directed by a health professional.

## STORAGE

Store in a cool, dry place.

## WARNING

Vitamin K may be contraindicated with Coumadin (Warfarin). If you are pregnant or lactating, have any health condition or are taking any medication, particularly blood-thinning medication, consult your health professional before use. It is recommended that individuals taking more than 50 mcg (2,000 IU) vitamin D per day have their blood levels monitored.

## SOURCE

- Vitamin K<sub>2</sub> (MK-7) is derived from flower extracts geraniol and farnesol
- Vitamin D<sub>3</sub> is derived from lanolin
- Hypoallergenic plant fiber is derived from pine cellulose

## NOTES

Bottle count 120

Capsule size 3

Bottle size 120 cc

Order code VDK41

## REFERENCES

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## SUPPLEMENT FACTS

**1 capsule daily, with a meal**

**One (size 3) capsule contains:**

Vitamin D (as cholecalciferol)(D<sub>3</sub>) 100 mcg (4,000 IU)

Vitamin K<sub>2</sub> (menaquinone-7) 100 mcg

Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose)

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Vitamin D <sub>3</sub> & K <sub>2</sub>	Quantity	Order Code
	120	VDK41

Visit [PureEncapsulationsPro.com](https://PureEncapsulationsPro.com) for more information about our GMO policy.

<sup>†</sup>These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



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