

D3/K2 Complete

Available in 60 and 120 Count Bottles



Bone Health

Cardiovascular Health

Immune Support

NutritionalFrontiers.com
(412) 922-2566



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Advanced immune and bone support Contains 250 mcg (10,000 IU) of vitamin D3 and 90 mcg of Vitamin K2 (MK-7®)

Vitamin D is a fat-soluble vitamin that the body produces when the skin is exposed to ultraviolet light (specifically UVB) from the sun. The skin, the liver, and the kidneys are all involved in vitamin D production. Vitamin D works in concert with other nutrients and minerals in maintaining the health of the bones and teeth. In fact, vitamin D helps facilitate the absorption and assimilation of several essential inorganic elements: calcium, magnesium, iron, selenium, zinc, and copper. Cholecalciferol (Vitamin D3) also assists maintenance of bone mineralization by regulating calcium and phosphorus homeostasis. Not only is vitamin D necessary for bone growth and maintenance of bone density, but it also demonstrates effects on the immune, endocrine, and cardiovascular systems. Furthermore, vitamin D may play an important role in regulating cell differentiation which could be why observational studies have noted associations between poor vitamin D status and increased risk of breast and colorectal cancer.ⁱ

Vitamin D deficiency can be prevalent in certain populations, geographical locations, and is also noticed in several disease states, including the following: cancer, osteoporosis, osteopenia, multiple sclerosis, vitiligo, Crohn's disease, rheumatoid arthritis, Sjogren's syndrome, diabetes, metabolic syndrome, psoriasis, seasonal affective disorder, fibromyalgia, Parkinson's, arteriosclerosis, osteoarthritis, IBS, and more.

ABOUT THE INGREDIENTS:

Both vitamin D and vitamin K are necessary for optimal bone health. Vitamin K is an essential cofactor involved in bone metabolism, blood coagulation, prevention of vessel remineralization, and regulation of several cellular functions.ⁱⁱ Vitamin K2 (also called MK-7®) may increase osteocalcin levels which can help reduce spine fracture risk. Furthermore, according to a 2017 study, "Treating osteoporotic patients with vitamin K might have the additional advantage of protecting arteries from vascular calcification through its action on MGP, a vitamin K dependent protein with anti-calcific properties." (Fusaro, 2017).ⁱⁱⁱ

Aside from skeletal health, this fat soluble vitamin is important for blood clotting and cardiovascular health.* Dietary sources of vitamin K1 include leafy green vegetables, broccoli, Brussels sprouts, lettuce, spinach, etc. Dietary sources of K2 include eggs from free-range chickens, grass-fed meat and dairy.

ⁱLinus Pauling Institute Micronutrient Information Center, National Institutes of Health Office of Dietary Supplements

ⁱⁱ<https://lpi.oregonstate.edu/mic/vitamins/vitamin-K>

ⁱⁱⁱFusaro M, Mereu MC, Aghi A, Iervasi G, Gallieni M. Vitamin K and bone. Clin Cases Miner Bone Metab. 2017;14(2):200-206. doi:10.11138/ccmbm/2017.14.1.200.

Supplement Facts

Serving Size: 1 Capsule

Servings Per Container: 60 or 120

	Amount Per Serving	%DV
Vitamin D3 (as cholecalciferol)	250 mcg (10,000 IU)	1,250%
Vitamin K2 (VitaMK7®)	90 mcg	75%

% Daily Value (DV) are based on a 2,000 calorie diet.

Other Ingredients: Microcrystalline Cellulose, Hypromellose, Vegetable Stearate, Silica

Suggested Use: As a dietary supplement, take 1 capsule daily or as directed by your healthcare practitioner.

CAUTION: Individuals taking more than 2000 IU of vitamin D per day should have their vitamin D levels monitored. Please discuss this with your healthcare provider. If pregnant or nursing, consult your healthcare provider before taking this product. Patients taking blood thinners must consult with their healthcare providers prior to taking vitamin K-containing products.

**These statements have not been evaluated by the FDA. The products referred to are not intended to treat, cure, or prevent any disease.*

vitaMK7®
natural vitamin K2

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This flyer was created on 11/10/2022

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