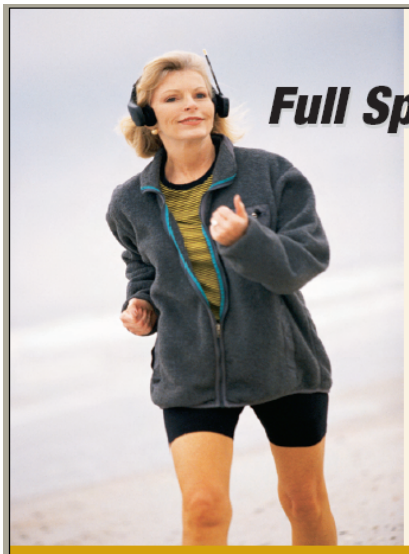

Full Spectrum Vitamin K

One Of The Most Comprehensive Vitamin K Formulas Available!

- Vitamin K, especially in the form of K2, helps calcium to get into the blood and bones where it belongs, and studies indicate that it potentially supports both bone mineral density and vascular elasticity within normal levels.*
- *In vitro* studies have demonstrated that vitamin K2 inhibits the production of bone resorbing substances, including prostaglandin E2 and interleukin-6.*
- *In vitro* and animal studies indicate potential enhancement of osteoblast-induced mineralization.*

Research indicates that vitamin K puts calcium where it belongs!
Full Spectrum Vitamin K contains vitamins K1 & K2 (MK-4 & MK-7), along with all of the fat-soluble antioxidant vitamins, such as vitamins A, D & E, which work together with vitamin K synergistically. The vitamin E is supplied as gamma- and delta-tocotrienols, which have been suggested to be fifty times stronger in antioxidant capacity than alpha-tocopherol.

Full Spectrum Vitamin K

Full Spectrum Vitamin K is a comprehensive vitamin K formula that contains vitamin K1, vitamin K2, and other fat-soluble antioxidant cofactors, such as vitamins A, D and E (as gamma and delta tocotrienols). Vitamin K is a generic term for a group of substances which contain the 2-methyl-1, 4-naphthoquinone ring structure. These substances support healthy coagulation properties.* In addition to its antihemorrhagic activity, vitamin K is involved in bone metabolism, the cardiovascular system, and antioxidant activity.*

Vitamin K1 (phylloquinone) is found in green leafy vegetables and some vegetable oils. Forms of vitamin K2 (menaquinones) are found in egg yolk, butter, liver, etc., and can also be produced by friendly bacteria in the gastrointestinal (GI) tract.

Vitamin K, especially in the form of vitamin K2, helps calcium to get into the blood and bones where it belongs, and studies indicate that it potentially supports both bone mineral density and vascular elasticity within normal levels.*

According to the Food and Nutrition Board of the National Academy of Sciences National Research Council, the requirements of

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One of the Most Comprehensive Vitamin K Formulas Available!

vitamin K ranges from 5 micrograms for infants, up to 80 mcg for adult males and 65 mcg for adult females. However, in November 2002, a number of European experts in the fields of vitamin K research, bone metabolism and cardiovascular function met to review all the available scientific data on dietary and supplemental vitamin K. They concluded that for optimal bone and vascular health, daily intake of between 200 and 500 mcg/day of vitamin K through food sources may be required for optimal health.*

In vitro studies have demonstrated that vitamin K2 inhibits the production of bone resorbing substances, including prostaglandin E2 and interleukin-6.* In vitro and animal studies indicate potential enhancement of osteoblast-induced mineralization.* Besides vitamin K, optimum calcium nutrition depends on the interplay of a number of related compounds, including magnesium and vitamin D3.*

Research also shows that vitamin K has antioxidant activity comparable to vitamin E and CoQ10.* In addition, animal studies in Japan found that vitamin K potentially supports blood sugar within normal levels. The pancreas contains the second highest concentration of vitamin K in the body.

The absorbability of K2 from GI tract bacteria is uncertain, and the absorption of K1 from vegetables can be as low as 10%. Both K1 and K2 are well absorbed from supplements as long as they are taken with some dietary fat to stimulate bile secretion. Intakes up to 1 mg/day of K1 and 45 mg/day of vitamin K2 have been used with no observed side effects. Supplemental vitamin K has no hemostatic activity in those who are not vitamin K-deficient.

Advantages of MK-7 (Menaquinone-7)

Vitamin K2 in the form of MK-7 (Menaquinone-7) has unique advantages over other various types of vitamin K2 available on the market today.

MK-7 is 10 times more absorbable than vitamin K1 because it is not bound to fiber, and much more absorbable than the other form of vitamin K2 (MK-4) because it is more fat soluble.* Only 3-8% of vitamin K1 is absorbed orally.

MK-7 works outside the liver (extrahepatic) to control calcium deposits in blood vessels and prevent calcium loss from bone, and is supportive to other biochemical pathways with additional therapeutic applications.*

MK-7 has a longer half-life (48 hours compared to 1 to 1.5 hours for other forms of vitamin K).

MK-7 is derived from a non-animal source and is suitable for vegetarians and vegans.

Non-GMO manufacturing and ingredients.

Dr. Ralph E. Holsworth, Jr., D.O.
Lt. Commander U.S. Public Health Services

Full Spectrum Vitamin K

Item # 75390
Available in bottles of 90 softgels

Suggested use:
As a dietary supplement, 1 softgel one or two times daily with meals, or as directed by a healthcare practitioner. Contraindicated with use of anticoagulant drugs.

Serving Size: 1 Softgel
Servings Per Container: 90

Amount per serving:

Vitamin A (from Cod Liver Oil)	200 IU
Vitamin C (as Ascorbyl Palmitate)	25 mg
Vitamin D3 (90% from Cod Liver Oil, 10% from Skipjack and Tuna Liver Oil)	400 IU
Vitamin K	4050 mcg
Vitamin K1 Phytonadione	1000 mcg

Vitamin K1 Phytonadione	1000 mcg
Vitamin K2 Menaquinone-4	3000 mcg
Vitamin K2 Menaquinone -7	50 mcg
Tocotrienols (as DeltaGOLD® Tocotrienols containing 90% delta-tocotrienols and 10% gamma-tocotrienols)	5 mg

Other Ingredients: Sunflower oil, gelatin, glycerin, water, yellow beeswax, carob extract, lecithin, zinc oxide.

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