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Super K with K2
90 softgels
Item Catalog Number: 604

Vitamin K is found in green leafy vegetables as well as fermented foods. Vitamin K 1, found naturally is called phylloquinone, and vitamin K2, found naturally is called menaquinone 7, which can be synthesized by bacteria in the gut and absorbed in the intestines. Man-made forms of K1 and K2 are phytoandione and menatetranone (menaquinone 4) respectively. Vitamin K seems to play a unique role in maintaining arterial health and promoting healthy bones. 2-14*

Life Extension's Super K provides 9 mg of K1 (phytoandione) along with 1 mg K2 (menatetranone) in each oil-based softgel. Adding K2 to this product guarantees users the most consistent potency.

References

Supplement Facts

Serving Size 1 softgel	
Servings Per Container 90	
Amount Per Serving	
Vitamin K1 [as phytonadione (K1)]	9 mg
Vitamin K2 [as menaquinone (K2)]	1 mg
Medium chain triglycerides (MCT oil)	215 mg
Ascorbyl palmitate (antioxidant)	25 mg
Other ingredients: gelatin, carob and water.	

Dosage and Use

- Take one softgel a day with a meal, or as directed by your healthcare practitioner.

Caution

Individuals taking anticoagulant drugs, such as Coumadin or Heparin, should avoid vitamin K supplements, unless otherwise directed by a physician.*

Warnings

- Keep out of reach of children.
- Do not exceed recommended dose.
- Do not purchase if outer seal is broken or damaged.
- If you have a bad reaction to product discontinue use immediately.
- When using nutritional supplements, please inform your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

Related Keywords

Bones, Osteoporosis