

Vitamin D Plus K

Supports healthy bone structure, cardiovascular function, and immune response[†]

Product features

- **Convenient:** A convenient combination of 5,000 IU of Vitamin D₃ (cholecalciferol) and 100 mcg Vitamin K₂ (menaquinone-7, MK7)
- **Performance:** Bioavailable, bioactive forms of Vitamin D and Vitamin K
- **Purity:** Hypoallergenic formula

Mechanisms of action

- **Bone structure:** Vitamins D₃ and K₂ are structurally similar, fat soluble vitamins. Synergistically, they support healthy calcium metabolism and bone mineralization throughout the body.^{11,2,3,4} Often referred to as “the sunshine vitamin,” vitamin D supports normal calcium and phosphorus absorption, which are essential for healthy bone formation.¹⁵ Vitamin K₂ supports normal function of the protein osteocalcin, which helps bind newly absorbed calcium to the bone matrix to support healthy bone mineral density (BMD).^{16,7}
- **Cardiovascular function:** Emerging studies show that vitamin D deficiency is a highly prevalent condition,⁴ and is independently associated with most cardiovascular disease (CVD) risk factors.⁸ Experimental studies have established a role for vitamin D metabolites in pathways that are integral to healthy cardiovascular function, including inflammation, thrombosis, and the renin–angiotensin system (RAS).¹⁹ Additionally, both vitamin D₃ and vitamin K₂ support the normal activity of matrix Gla protein (MGP), which maintains healthy calcium balance in vascular tissues.¹¹⁰ Clinical research suggests that the combination of vitamin D₃ plus K₂ together provides support for healthy cardiovascular function.^{12,3,11}
- **Immune function:** Recent studies have shown that vitamins D₃ plus K₂ support healthy functioning of both innate and adaptive immune response.^{112,13} In the Framingham Offspring Study, one of the longest standing studies on generational health, higher serum levels of vitamins D and K were associated with stronger immune function and a balanced inflammatory response.¹¹⁴

Formula

SUGGESTED USE: Adults: 1 capsule daily with food or as directed by a healthcare professional. **Caution:** Not intended for use by infants or children unless under the guidance of a physician. If you are pregnant, nursing, have a medical condition (including hypercalcemia), or taking prescription drugs (including blood thinning medications), consult your physician before using this product. It is recommended that individuals taking 100 mcg (4,000 IU) or more vitamin D per day have their vitamin D blood levels monitored. Do not exceed recommended dose. Keep out of reach of children.

Supplement Facts		
Serving Size 1 Capsule		
Amount Per Capsule	% Daily Value	
Vitamin D ₃ (as cholecalciferol)	125 mcg (5000 IU)	625%
Vitamin K ₂ (as menaquinone-7) (derived from sweet acacia tree) (<i>Vachellia farnesiana</i>)(flower extract)	100 mcg	83%

Other ingredients: Microcrystalline cellulose, vegetarian capsule (hydroxypropyl methylcellulose, water), ascorbyl palmitate, and silicon dioxide.

VDK 60 vegetarian capsules

How supplied

60 vegetarian capsules per bottle.

Storage

Store in a cool, dry place (59F-85F) away from direct light.

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

References

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