Healthy Bones, Healthy Heart

...Putting Calcium in its Place

Facts about Natural Vitamin K2 as Menaquinone-7 (Mk-7):

• K Vitamins are important to utilize calcium in the body.

• Western populations are deficient in K Vitamins as needed to activate K-dependent proteins to build healthy bones and preserve healthy arteries.

• Children are also deficient in K Vitamins as needed for growing bones.

• Natural Vitamin K2 as menaquinone-7 (Mk-7) is one of the most bioavailable, longest lasting and most bioactive form of Vitamin K supplements.

Vitamin K is essential for the body to utilize calcium. Proteins involved in building a healthy bone matrix and keeping calcium from accumulating in the artery walls need Vitamin K to work properly. Recent research shows that Vitamin K2 is the form of Vitamin K that the body uses for bone and cardiovascular health. Vitamin K2 is also the most bioavailable, bioactive and longest-lasting form of Vitamin K.
K Vitamins Deficiency

Unfortunately, Western populations are deficient in K Vitamins as are required for healthy bones and cardiovascular tissues. This is especially troubling for children who have the greatest need for K2 for growing bones.

Vitamin K2 has been shown in laboratory experiments, population-based studies and clinical trials to be much more effective than K1 in preventing bone loss and promoting bone integrity. Only vitamin K2 has been shown to significantly reduce the incidence of arterial calcification and promote cardiovascular health.

Menaquinone-7 and Safety

Natural vitamin K2 as Mk-7 is safe and effective within current RDIs, recommended at just 45mcg daily.

Menaquinone-7 and Kids Health

Bones grow and develop most intensively during childhood and adolescence. Binding minerals to healthy bone matrix serves one goal – to maximize bone mineral density in order to maintain bone mass later in life. Once peak bone mass is met in the mid to late 20’s, loss will continue as we age. However, recent research has shown that the majority of our children are deficient in K vitamin status, while MK-7 supplementation in children has shown significant improvement in bone health markers.

Natural Vitamin K2 as Menaquinone-7 (Mk-7) – the obvious choice

Presently there are three forms of K Vitamins available in dietary supplements: synthetic Vitamin K1, synthetic menaquinone-4 (MK-4) and natural Vitamin K2 as menaquinone-7 (MK-7). MK-7 is consistently found to be much more effective compared to both K1 and MK-4 due its superior bioavailability and bioactivity – and much longer half-life in the blood.

Menaquinone-7 is a natural extract derived from fermented soy; the Japanese food natto. Natto has been used safely for generations for improved bone, heart health, and numerous population studies have linked natto consumption to bone health. Natural Vitamin K2 provides a food extract of Mk-7.

Vitamin K supplementation and anticoagulation treatment

Patients receiving oral anti-coagulant therapy should not take Vitamin K supplements without first consulting their physician.

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