

Cardiovascular Health and Blood Sugar Balance[†]

Vitamin K plays a key role in supporting the cardiovascular system as well as blood sugar balance already within normal levels. In a large population study, researchers found that those who consumed high amounts of K2 had significantly better cardiovascular health markers compared to those given vitamin K1.¹³ Studies have also shown vitamin K supports healthy blood sugar metabolism.^{14,15}

Immune Modulation[†]

New evidence also suggests vitamin K plays a central role in balancing immune health. Recent studies have shown that both vitamins D and K impart immune-modulating effects. 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.^{16,17} In a 2011 study, vitamin K was also found to suppress various markers of the immune system.¹⁸

Triage Theory

The Triage Theory states that in the face of nutrient inadequacies, nature ensures short term survival of a cell is protected at the expense of long term consequences.^{20,21} Vitamin K is an excellent example of this theory. Hypothetically, a short term deficiency in vitamin K would lead to a reduction in blood clotting. This direct threat to survival does not happen, as the body uses its metabolic reserve of vitamin K to ensure immediate needs are met. If continued, this dip into reserve leads to a long-term deficiency in vitamin K. Though not directly threatening immediate survival, long-term deficiencies are linked to bone fragility, arterial calcification and genomic instability. These issues are related to a loss of vitamin K-dependent proteins not required for short-term survival, nevertheless presenting long-term health challenges.²⁰

Directions

1 capsule per day or as recommended by your health care professional.

Does Not Contain

Wheat, gluten, dairy products, fish, shellfish, peanuts, tree nuts, egg, artificial colors, artificial sweeteners or preservatives.

Cautions

Do not consume this product if you are pregnant or nursing.

Supplement Facts V7

Serving Size 1 Capsule
Servings Per Container 60

1 capsule contains	Amount Per Serving	% Daily Value
Vitamin D (D3 as Cholecalciferol)	125 mcg (5,000 IU)	625%
Vitamin K (K2 as Menaquinone-7 (MK-7, MenaQ7 [®] PRO))	45 mcg	38%

MenaQ7[®] PRO
Vitamin K2 as MK-7

MenaQ7[®] PRO is a registered trademark of NattoPharma, Norway.

[†] 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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