

D3K2



Clinical Applications:

- Helps maintain balanced calcium levels in the body
- Encourages strong, healthy bones
- Supports heart health and flexible, resilient arteries
- Enhances immune system performance

ESSENTIAL VITAMINS

Emerging research continues to underscore the importance of vitamins D3 and K2 in maintaining strong bones and a healthy cardiovascular system. D3K2 combines these two essential, fat-soluble nutrients to promote proper calcium metabolism—ensuring that calcium is directed to where it's needed most: the bones.

Vitamin K2 (as 180 mcg of MenaQ7® PRO, the most researched form of MK-7) plays a key role in binding calcium to the bone matrix and limiting calcium buildup in blood vessels by activating matrix Gla protein (MGP), a powerful inhibitor of arterial calcification. At the same time, vitamin D3 (5,000 IU) enhances calcium absorption and works in harmony with K2 to support bone density, arterial flexibility, and overall cardiovascular protection.

Together, these nutrients help maintain bone integrity, reduce the risk of vascular calcification, and support optimal immune and metabolic health—making D3K2 a foundational daily supplement for long-term wellness.

Overview

While calcium and vitamin D are well known for their roles in bone health, vitamin K2 is equally essential. It activates osteocalcin, a protein that guides calcium into bones and prevents its accumulation in soft tissues like arteries and joints. Without enough vitamin K2, calcium can be improperly deposited, potentially affecting cardiovascular health.

There are two primary forms of vitamin K: K1 (phylloquinone) and K2 (menaquinone). Of the K2 forms, MK-7 is the most bioavailable and clinically studied. It stays active longer in the bloodstream and reaches higher concentrations in tissues compared to K1, making it significantly more effective for supporting both bone strength and vascular elasticity.

D3K2 features 180 mcg of MenaQ7® PRO—the most researched form of MK-7—combined with 5,000 IU of vitamin D3 to enhance calcium absorption and utilization. Together, they work synergistically to promote bone mineralization, prevent arterial calcification, and support healthy aging.

Backed by over 21 clinical trials led by global vitamin K2 expert Dr. Leon Schurgers and his team, MenaQ7® PRO is trusted for its proven impact on cardiovascular and bone health.

Vitamin K Depletion

While most people get enough vitamin K1 from leafy greens to support blood clotting, vitamin K2—especially the MK-7 form—is often lacking in the typical Western diet. In fact, studies suggest that up to 70% of the population is deficient in K2, which plays a crucial role in directing calcium into bones and away from arteries and soft tissues.

Poor gut health and impaired nutrient absorption can further reduce K2 levels. Additionally, medications like antibiotics, statins, and laxatives have been

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deplete vitamin K stores, increasing the risk of calcium misplacement and long-term bone and cardiovascular issues.

Bone Health

Clinical research has consistently shown that vitamin K2 (MK-7) plays a vital role in maintaining bone strength and density—especially in women. Studies in Japanese populations link frequent consumption of MK-7—rich nattō to better bone health. In both adults and children, MK-7 has been shown to enhance the activity of osteocalcin, a key protein that helps bind calcium to bone.

In a major randomized, placebo-controlled study involving 244 postmenopausal women, daily supplementation with 180 mcg of MK-7 over three years significantly preserved bone mineral density in the spine, hip, and femoral neck. The same study showed that women taking K2 had better regulation of bone-remodeling cells (osteoclasts and osteoblasts), and reduced levels of uncarboxylated osteocalcin—a marker linked to soft tissue calcification—by 50%, compared to a 4% increase in the placebo group.

These results reinforce the powerful role of vitamin K2 in supporting bone integrity and reducing age-related calcium loss from bones.

Cardiovascular Health and Blood Sugar Balance

Beyond its role in bone health, vitamin K2 (MK-7) plays a critical role in supporting cardiovascular function and metabolic balance. Large population studies have shown that individuals with higher K2 intake experience significantly better heart health markers compared to those consuming only K1. In a study of over 16,000 women, greater K2 consumption was associated with stronger cardiovascular health over time.

Emerging research also links vitamin K2 to improved blood sugar metabolism. In a 2021 study, participants taking 180 mcg of MK-7 twice daily for 12 weeks saw measurable improvements in cardiovascular function. Similarly, a three-year study confirmed that long-term use of MK-7 at the same dosage supports arterial elasticity and vascular health, offering benefits previously seen only with high-dose synthetic K supplementation.

These findings highlight MK-7's unique ability to support both heart health and metabolic resilience safely and effectively.

Triage Theory

The Triage Theory suggests that when the body faces nutrient shortages, it prioritizes short-term survival over long-term health. Vitamin K is a prime example. In cases of limited intake, the body directs available vitamin K toward essential functions like blood clotting to protect against immediate danger.

However, this comes at a cost. Over time, if vitamin K remains insufficient, the body may lack enough to support less "urgent" functions—such as maintaining bone density, preventing arterial calcification, and supporting genetic stability. These functions rely on vitamin K-dependent proteins that are critical for long-term health, even if not essential in the moment.

This theory highlights the importance of maintaining consistent, adequate intake of vitamin K2—not just for short-term needs but for protecting the body over time from age-related bone and cardiovascular decline.

Directions

Take 1 capsule daily, or as directed by your healthcare provider.

Does Not Contain

This product contains no gluten, corn, yeast, or artificial colors or flavors.

Cautions

Do not use if you are pregnant or nursing. All forms of vitamin K may interact with blood-thinning medications. If you are taking such medications, consult your physician before use.

Supplement Facts ^{V2}		
Serving Size 1 Capsule		
Servings Per Container 60		
	Amount Per Serving	% Daily Value
Vitamin D (D3 as Cholecalciferol)	125 mcg (5,000 IU)	625%
Vitamin K2 (as Menaquinone-7 (MK-7)) (MenaQ7 [®] PRO)	180 mcg	*
* Daily Value not established.		

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