



Vitamin K2



NON GMO



■ Support Healthy Bones

Many Canadians are plagued by a lack of calcium in their bones, leading to osteoporosis and yet many of us suffer from excess calcium in our arteries, leading to atherosclerosis or hardening of the arteries. The co-occurrence of these seemingly contradictory conditions is known as the “calcium paradox”. In fact, it has been shown that for every 1.5% decrease in bone density the mortality risk from cardiovascular disease increases by 30%. More and more research is showing that vitamin K plays an essential role in the prevention of the calcium paradox, helping to ensure that calcium gets to the right place in the body.

The Role of Vitamin K2

Vitamin K2 is essential to building strong bones. Vitamin K2 works by regulating the body’s metabolism of calcium, helping to guide calcium towards the areas of the body where it is needed, such as your skeleton and bones, and away from areas where it could have a negative effect, such as the arteries and cardiovascular system. There are two main forms of Vitamin K2: MK-4 and MK-7. While both forms are effective for improving bone health, MK-7 is the natural form of vitamin K2 used by the body. MK-7 is more easily absorbed and stays in the body longer – meaning that it is effective at a much lower dose than MK-4.

Green leafy vegetables usually supply vitamin K for the majority of Canadians. However, many foods considered rich in vitamin K have proven to have much less than originally thought. Preferred Nutrition’s Vitamin K2 contains an optimal dose in the easily absorbed MK-7 form to support healthy bones.

Each Capsule Contains:

Medicinal Ingredient:

Vitamin K2 MK-7 (from natto bean)100 mcg

Non-medicinal Ingredients: Vegetarian capsule (cellulose, purified water), microcrystalline cellulose, vegetable grade magnesium stearate (lubricant).

Recommended adult dose: 1 capsule daily or as directed by a health care practitioner.

CODE: 0116-60 veg caps **NPN:** 80014401

