

D3/K2

10 Performance

What it is:

- A supplement that combines both Vitamin K2 & D3, essential nutrients that synergistically support bone and heart health. D3 helps your body absorb the all-important calcium, and Vitamin K2 directs the calcium to your bones instead of your joints and arteries, where too much calcium could become an issue.

Why take it:

- Vitamin D is well known for its role in bone strength and the prevention of osteoporosis. However, it affects much more than just the bones. Researchers have demonstrated the important role of Vitamin D in regulating immune function, positively impacting muscle quality, reducing inflammation, modulating cell growth, improving neuromuscular function, and maintaining cognitive function. Optimal Vitamin D levels are absolutely crucial for maintaining health at all ages. With deficiency so common, it is important to supplement with a high quality Vitamin D, especially in the fall and winter months.
- Taking Vitamin K with Vitamin D is very important. Taking large amounts of Vitamin D without getting the necessary amounts of K in your diet or from supplements can actually be detrimental to your health. Vitamin D is crucial for absorbing calcium into the body, but it is Vitamin K that is responsible for making sure that the calcium gets stored in the bones once it has been absorbed and not in the soft tissues like arteries where it can build up and cause serious health issues like cardiovascular disease.

How it works:

- *Regulating Immune Function:* Deficiency in Vitamin D is associated with increased autoimmunity.
- *Bone and Teeth Health:* Vitamin D helps with the absorption of calcium making the bones strong and healthy.
- *Vitamin K:* Studies show that Vitamin K2 helps your body absorb Vitamin D.
- *Muscle Quality:* Vitamin D is responsible for getting nutrients like calcium and phosphorus into the muscles.
- *Cognitive Function:* Studies show lower Vitamin D levels are associated with decreased cognitive function and an increased risk of Alzheimer's disease.
- *Neurological Health:* Studies suggest that Vitamin D protects neurons and reduces inflammation by activating and deactivating enzymes in the brain.
- *Modulating Cell Growth:* Patients who are deficient in Vitamin D have more risk of developing cancer.
- *Reduce Inflammation:* Studies demonstrate the power of Vitamin D to reduce inflammation.
- *More Bioavailability:* Once absorbed into the body, fat-soluble vitamins are stored in fatty tissues and the liver.
- *Lower Blood Pressure:* Vitamin K may help keep blood pressure lower by preventing a build-up of minerals in the arteries.

Who should take it:

- This product is great for people of all ages, especially the during the winter months and for those who are inside all day.
- Due to the Vitamin K in **D3/K2**, those on blood thinners should consult with their doctor before taking this product.

Dosage:

- Once a day, take 2 drops orally, preferably before a meal that contains healthy fats.

Ingredients:

- Vitamin D: Fat soluble vitamin found in very few foods.
- Vitamin K2 MK7 (Menaquinone-7): Form of K2 that is naturally occurring and stays in the body longer than the synthetic MK-4 form. It's most important role is to help absorb Vitamin D into the body.
- Other: organic olive oil, peppermint oil

FAQ's:

- Can children take this?
 - Yes, this product is great for people of all ages, especially during winter months and if you spend most of your day inside.
- If I am on blood thinner, can I take this supplement?
 - We recommend that you consult with your doctor first if you are on blood thinner.

