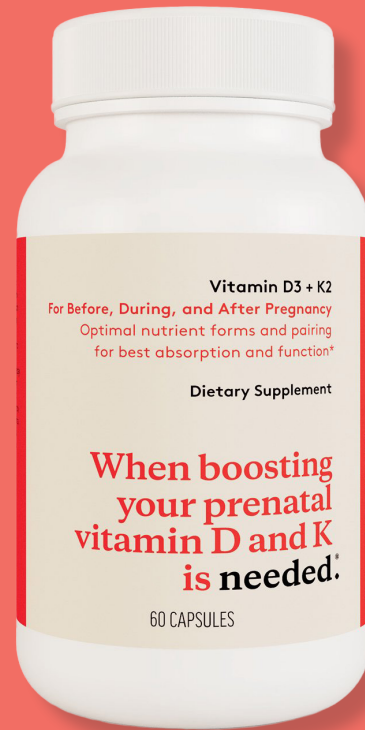


needed.[®]

This guide is intended as a helpful resource in talking to your health practitioner about the benefits of needed's D3/K2 capsules.

Needed.[®] is a nutrition company on a mission to empower real nourishment in women on their motherhood journey. We work directly with health practitioners and researchers to offer science-backed products and education. Learn more at thisisneeded.com. If you have questions, drop us a note at practitioners@thisisneeded.com.



Supplementing with Vitamins D3 and K2 before, during, and after pregnancy is needed.

- ✓ Up to 90%+ of pregnant women are deficient in Vitamin D, and the need for Vitamin D before, during, and after pregnancy is elevated.¹
- ✓ Maternal vitamin D concentrations largely determine the vitamin D status of the fetus and newborn infant.²
- ✓ Adequate blood levels of Vitamin D (>40 ng/mL) are associated with lower risk of preterm birth.³
- ✓ There is evidence that the current supplementation recommendations are inadequate to ensure Vitamin D sufficiency.^{4,5}
- ✓ Research shows that 4,000 IU daily of Vitamin D may reduce preterm birth and other risks.⁶
- ✓ A higher dose of supplemental Vitamin D in the third trimester is associated with a 50% lower incidence of enamel defects in offspring as measured at age 6 years old.⁷
- ✓ Only 19% of infants are supplemented with Vitamin D directly, making mama's intake critical.⁸
- ✓ Vitamin K2 supports maternal immune system and bone health⁹
- ✓ Breast-fed infants may benefit from increased maternal Vitamin K intakes during pregnancy and lactation. A supplement of 5 mg of Vitamin K to lactating mothers will increase the concentration in human milk and significantly increase infant plasma vitamin K.¹⁰

Vitamin D3 and K2 work together to support:



optimal fertility



immune function in mama and baby



healthy bone development in baby



an overall healthy and full-term pregnancy



adequate breast milk Vitamin D levels











Some mamas need more Vitamin D3/K2 due to genetics, diet, geography, life stage (including while breastfeeding) or other factors. Maternal vitamin D supplementation with 6400 IU/day safely supplies breast milk with adequate Vitamin D to satisfy her nursing infant's requirement and offers an alternate strategy to direct infant supplementation. Needed's Prenatal Multi (Powder and Capsules) contains a supportive 4,000 IU of Vitamin D3 and 90 mcg of Vitamin K2. Needed's Prenatal Multi Essentials contains 2,000 IU of Vitamin D3 and 45 mcg of Vitamin K2. Needed's D3/K2 capsules are an optimal addition to your perinatal routine with an additional 2,000 IU of Vitamin D3 and 45 mcg of Vitamin K2:

- ✓ Optimal nutrients forms and ratio
- ✓ Sustainable, clean sourcing
- ✓ Vegetarian
- ✓ Allergen-free (no dairy, egg, fish, shellfish, tree nuts, peanuts, wheat, soy, or gluten)
- ✓ No GMOs, artificial colors, artificial flavors, preservatives, or other additives or fillers
- ✓ Every batch is third-party tested for nutritional content, pesticides and herbicides, heavy metals, microbes, allergens, and other contaminants

How to Use:

Take one capsule up to five times daily with food. Two capsules (4,000IU of D3 and 90mcg of K2 per day) is a highly effective and safe dose for most mamas during pregnancy. We recommend the equivalent of 3 capsules (6,000IU D3) while breastfeeding to ensure that baby receives adequate nutrition. If you are taking one of Needed's Prenatal Multis, be mindful

that we already include 4,000IU of D3 and 90mcg of K2 in Powder and Capsules and 2,000IU of D3 and 45mcg of K2 in our Essentials. Adding 1 capsule on top of this dosage provides a supportive dose for breastfeeding mamas to supply their baby. See our dosage chart below for the right dose to meet your unique needs.

No Testing:	Preconception	Pregnancy	Breastfeeding/ Postpartum <1 year	Mom Years Beyond
 <p>2 capsules/day (4,000IU D3/ 90mcg K2)</p>	 <p>2 capsules/day (4,000IU D3/ 90mcg K2)</p>	 <p>3 capsules/day (6,000IU D3/ 135mcg K2)</p>	 <p>2 capsules/day (4,000IU D3/ 90mcg K2)</p>	
With Testing: Test your levels with us!	Life Stage	<30 ng/mL (<75 nmol/L)	30-50 ng/mL (75-125 nmol/L)	>50 ng/mL (>150 nmol/L)
	Pregnancy and Fertility Focused or Mom Life	 <p>4 capsules/day (8,000IU D3/ 180mcg K2)</p>	 <p>3 capsules/day (6,000IU D3/ 135mcg K2)</p>	 <p>2 capsules/day (4,000IU D3/ 90mcg K2)</p>
		OR		
Breastfeeding and Postpartum <1 year	 <p>5 capsules/day (10,000IU D3/ 225 mcg K2) if you re-test after 3 months</p>	 <p>4 capsules/day (8,000IU D3/ 180mcg K2)</p>	 <p>3 capsules/day (6,000IU D3/ 135mcg K2)</p>	

Supplement Facts

Serving Size 1

Amount Per 1 Capsule Serving	% Daily Value
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Vitamin D (D3 as cholecalciferol)	50 mcg (2000 IU)
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Vitamin K2 (as menaquinone-7 K2VITAL® Delta)	
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** Daily Value not established.

Other Ingredients: Vegetable Capsule, Cellulose and L-Leucine.

OTHER INGREDIENTS: Other Ingredients: Vegetable Capsule, Cellulose, and L-Leucine.

“I recommend all breastfeeding mamas consume a minimum of 6,000 IUs of Vitamin D3 to ensure baby is adequately nourished. Needed’s D3/K2 topper is a perfect way to boost your intake beyond what’s in your prenatal vitamin.”

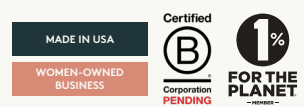
— DR. SARABENET SEQUEIRA,
BOARD CERTIFIED PEDIATRICIAN

Our Products Work Best Together.

We designed our Vitamin D3/K2 capsules to be taken with our Prenatal Multi, Collagen Protein, Omega-3+ capsules, and Pre/Probiotic. Together, these products optimally nourish mama and baby before, during, and after pregnancy - and beyond.

Interested in sharing Needed?

We offer a Practitioner Partners referral program that rewards practitioners and their communities for prioritizing better nutrition. To learn more, visit thisisneeded.com/pages/practitioner.



REFERENCES

¹ <https://www.sciencedirect.com/science/article/abs/pii/S0960076013002331?via%3Dihub>

² <https://www.ncbi.nlm.nih.gov/labs/pmc/articles/PMC3103147/>

³ <https://pubmed.ncbi.nlm.nih.gov/28738090/>

⁴ <https://www.ncbi.nlm.nih.gov/labs/pmc/articles/PMC3103147/>

⁵ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5573964/>

⁶ <https://www.webmd.com/baby/news/20100504/high-doses-of-vitamin-d-may-cut-pregnancy-risk#1>

⁷ <https://jamanetwork.com/journals/jamapediatrics/fullarticle/2747330>

⁸ <https://pediatrics.aappublications.org/content/145/6/e20193574>

⁹ <https://www.kappabio.com/brochures/pregnancy/>

¹⁰ <https://pubmed.ncbi.nlm.nih.gov/11787707/>

¹¹ <https://pediatrics.aappublications.org/content/136/4/625.long>

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.