



What is Super Vitamin D with K2+?

Our bodies naturally produce vitamin D when the skin is exposed to enough sunlight, which is why it's often called the 'sunshine vitamin'.

Vitamin D allows our bodies to absorb calcium and phosphorus normally, contributing to the maintenance of normal bones and muscle function, even to normal teeth. It also contributes to the normal functioning of the immune system and blood calcium levels.

Many people know that vitamin D contributes to musculoskeletal health – but not many have heard about the role of vitamin K.

Vitamin K2 works together with vitamin D3 to mobilise calcium from the blood vessels into the bones, maintaining bone health. Vitamin K2 is found in particularly high concentrations in fermented foods including sauerkraut, hard cheese and natto, a traditional Japanese dish made with fermented soybeans.

Super Vitamin D with K2+ combines 25µg (micrograms) of vitamin D with 180 µg of vitamin K2 in the form of menaquinone-7 (MK-7). The vitamin K2 we've included has been the subject of 19 research studies that highlight the importance of vitamin K2 in multiple areas of human health.

The NHS advises all UK adults to consider taking a supplement containing 10µg (micrograms) of vitamin D between October and March, when UV levels in British sunlight are often too low for the body to produce Vitamin D naturally.

People at particular risk of a vitamin D deficiency are advised to take a supplement all year round. These include people with darker skin, people who are housebound, and people who cover up their skin in sunshine.

Pack size: 1 x 28 capsules (28-day supply), Pure vitamin K2 with vitamin D3

Contains a high-strength, easy-to-absorb MenaQ7® formulation of vitamin K

Suitability

A high-strength, vegan-friendly formulation with 25µg (micrograms) of vitamin D3 and menaquinone-7 (MK-7, as MenaQ7®), the most easily absorbed form of vitamin K2. These essential vitamins contribute to maintaining bone health and density.

Directions

Take one capsule per day, in the morning or evening

Suitable for vegetarians and vegans, Lactose-free, gluten free, non-GMO, soya-free. If you are taking anti-coagulants (e.g. warfarin), do not take this product except on the advice of a doctor. You may wish to consider our Vitamin D+ instead.

Ingredients

As per one capsule (daily intake) Vitamin D3 - 25µg (25 micrograms), Vitamin K2 (Menaquinone-7, MK-7, as MenaQ7®) - 180µg (180 micrograms)

Bulking agent: Microcrystalline Cellulose,

Vitamin D3 - Maltodextrin, Cholecalciferol, Sucrose, Silicon Dioxide, Ascorbyl Palmitate, Vitamin K2 - Glycerol Monostearate, Ascorbyl Palmitate, Menaquinone-7, Rosemary Extract

Capsule shell: Hydroxypropyl Methylcellulose, Titanium Dioxide, Anti-caking agents: Stearic Acid, Silicon Dioxide

For the complete A to Z list of ingredients information click <https://futureyouhealthhk.com/pages/a-to-z-of-ingredient-definitions>

Manufactured in a GMP (Good Manufacturing Practice) facility in the UK.

Food supplements should not be used as a substitute for a varied and balanced diet or a healthy lifestyle. If you are pregnant, breastfeeding, taking any medication or under medical supervision, please consult a doctor or pharmacist before taking supplements. If you suffer any adverse reaction whilst using a supplement, discontinue use and consult your doctor. Keep out of reach of children. Allergens are highlighted in bold within the ingredients list.

When it comes to food supplements one size doesn't fit all, so we can't guarantee success for everyone. If you are not 100% happy please contact our Customer Care team, who can arrange to help to find an alternative that works for you.

