



Daily D3+K1/K2

Daily D3+K1/K2 is a concentrated, highly bioavailable vitamin D formulation offering 2000 IU of vitamin D, along with 1000 mcg of vitamin K1 and 5mg of vitamin K2 as Trans Menaquinone-4 and 100mcg of K2 as MenaquinGold® Menaquinone-7).

Both vitamins D and K are essential for optimal bone and arterial health and for maintaining a healthy immune system.* A large proportion of the US population has suboptimal vitamin D levels, and vitamin K provides critical synergies with vitamin D. Vitamin D helps the body absorb calcium; however, for proper bone strength and health, it's not enough to just absorb calcium. Calcium needs to be directed to the correct place, and that's where vitamin K2 comes in. It acts as a "traffic cop" for calcium, helping to shuttle it toward the bones and teeth (where it should be), and helping to channel it away from depositing in soft tissues, such as the walls of the arteries, or in the joints or kidneys (places it should not be).

Daily D3+K1/K2 may be beneficial for*:

- Cardiovascular health
- Immune system support
- Bone tissue
- Healthy teeth
- Balanced moods
- Maintaining vitamin D status in the elderly and children

Recommended Use:

- Take 1 capsule per day or as directed by your health-care practitioner.



It is difficult to obtain adequate amounts of vitamin D from the modern food supply, and our hectic, busy lifestyles mean that many of us do not get sufficient vitamin D from the primary source: exposure to sunlight. Ultraviolet light from the sun interacts with cholesterol in our skin, converting it into vitamin D (with help from the kidneys), but this happens best at certain times of year and at certain latitudes. It can be difficult to get adequate sunlight exposure and subsequent vitamin D synthesis year-round, so supplementing may be warranted for some individuals.

Skin pigmentation, age, genetic variations and other factors influence the body's ability to synthesize vitamin D, so certain populations may benefit from obtaining supplemental amounts. Other situations may increase the body's need for vitamin D. For example, those with compromised digestion and intestinal function may have difficulty absorbing vitamin D from food, as may those with compromised absorption of fats, since vitamin D is a fat-soluble nutrient. Additionally, vegetarians may find it difficult to maintain proper vitamin D levels, because animal foods are the only natural food source of this vitamin. (Vitamin D2, created by irradiating plant foods, may not provide all the same physiological effects as animal-sourced vitamin D3.) Animal foods are also the only source of vitamin K2, except for small amounts in certain fermented vegetables.

TO CONTACT HEALTHY BONES CO PLEASE CALL US AT 1-888-847-5556 OR VISIT HEALTHYBONESCO.COM

Consult with your health-care practitioner about your specific circumstances and any questions you may have.

*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.