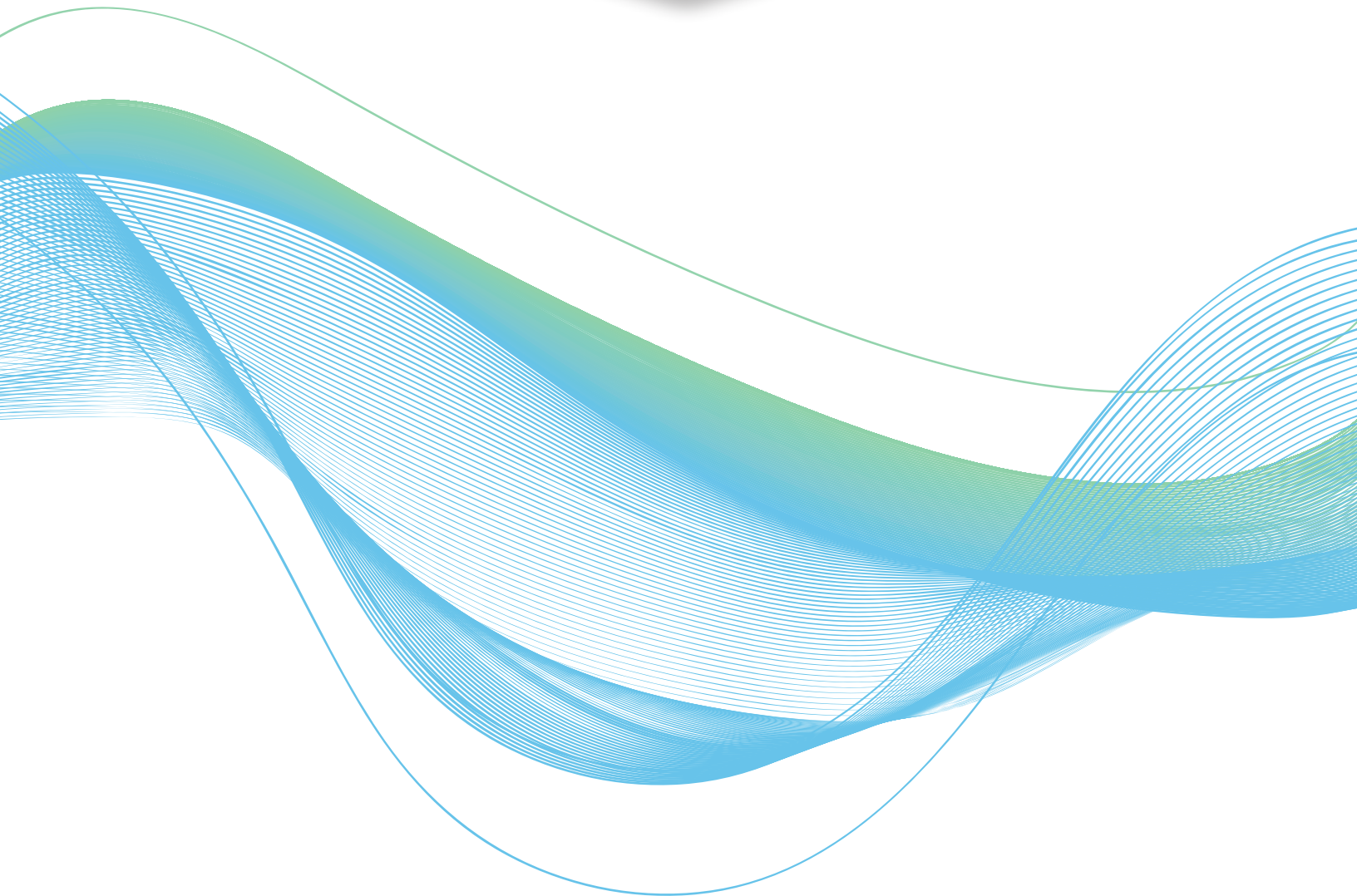




Ortho Molecular Products

Vitamin K2 as MK-7 MenaQ7[®] PRO

Exclusive



The History of Vitamin K2



1929

Henrik Dam discovers vitamin K2 plays a key role in cardiovascular health.



1984

Research finds vitamin K2 helps maintain healthy bone density.



2001

Kaneki et al. show MK-7 from natto is the superior form of vitamin K2 for bone density in Japanese women.



2004

Rotterdam cohort study shows vitamin K2 helps optimize cardiovascular health.



2013

Schurgers and Knappen show 180 mcg of MK-7 helped optimize bone mineral density, bone strength and cardiovascular health.



2015

Schurgers and Knappen show 180 mcg of MK-7 supplementation daily for three years was safe and helped maintain healthy arterial function in 240 postmenopausal women.

K-FORCE

- Contains MenaQ7® PRO, the most widely studied form of vitamin K2 available
- Combines K2 with D3 to optimize cardiovascular and bone health by maintaining healthy calcium balance
- Numerous large-scale clinical trials have found 180 mcg of vitamin K2 in the MK-7 form to be safe and effective

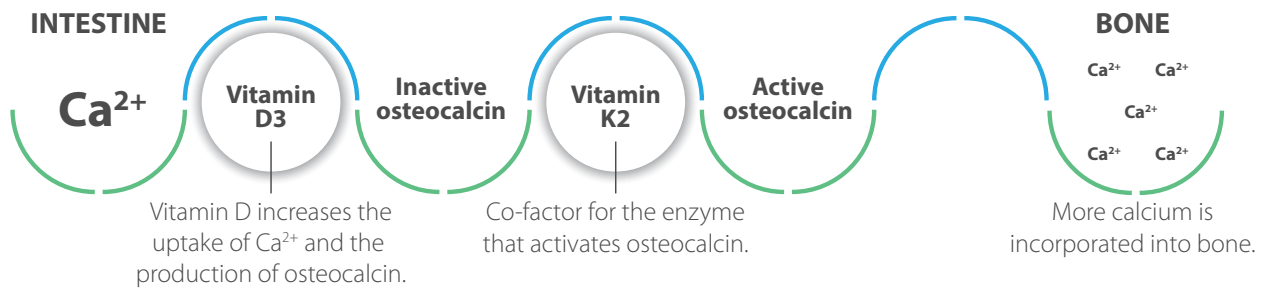


Supplement Facts ^{v2}		
Serving Size 1 Capsule		
Servings Per Container 60		
1 capsule contains	Amount Per Serving	% Daily Value
Vitamin D3 (as Cholecalciferol)	125 mcg (5,000 IU)	625%
Vitamin K2 (as Menaquinone-7 (MK-7))	180 mcg	150%

ID# 135060 60 Capsules

MenaQ7[®] PRO
Vitamin K2 as MK-7

MenaQ7[®] PRO is a registered trademark of NattoPharma, Norway.



180 mcg vitamin K2
as MK-7



1,000 IU vitamin D3 and
10 mcg vitamin K2 as MK-7

Great in smoothies!



5000 IU vitamin D3 and
45 mcg vitamin K2 as MK-7

Ortho Molecular Products is the exclusive provider of MenaQ7[®] PRO, the most widely studied form of vitamin K2 as MK-7.

LT-SLSH-052 11212017



6 1 5 0 3 3 9 5 0 5 2 1

Vitamin K2: Essential for Human Health

K vitamins are a group of fat-soluble vitamins that affect multiple factors of optimal health. The two most important forms of vitamin K are K1 (phylloquinone) and K2 (menaquinones). K1 is found in leafy green vegetables but is poorly absorbed (only 10% reaches circulation), and K2 is found in the traditional Japanese dish, natto. K vitamins play a key role in maintaining cardiovascular health, arterial function, and bone density.



Cardiovascular Health





Arterial Function

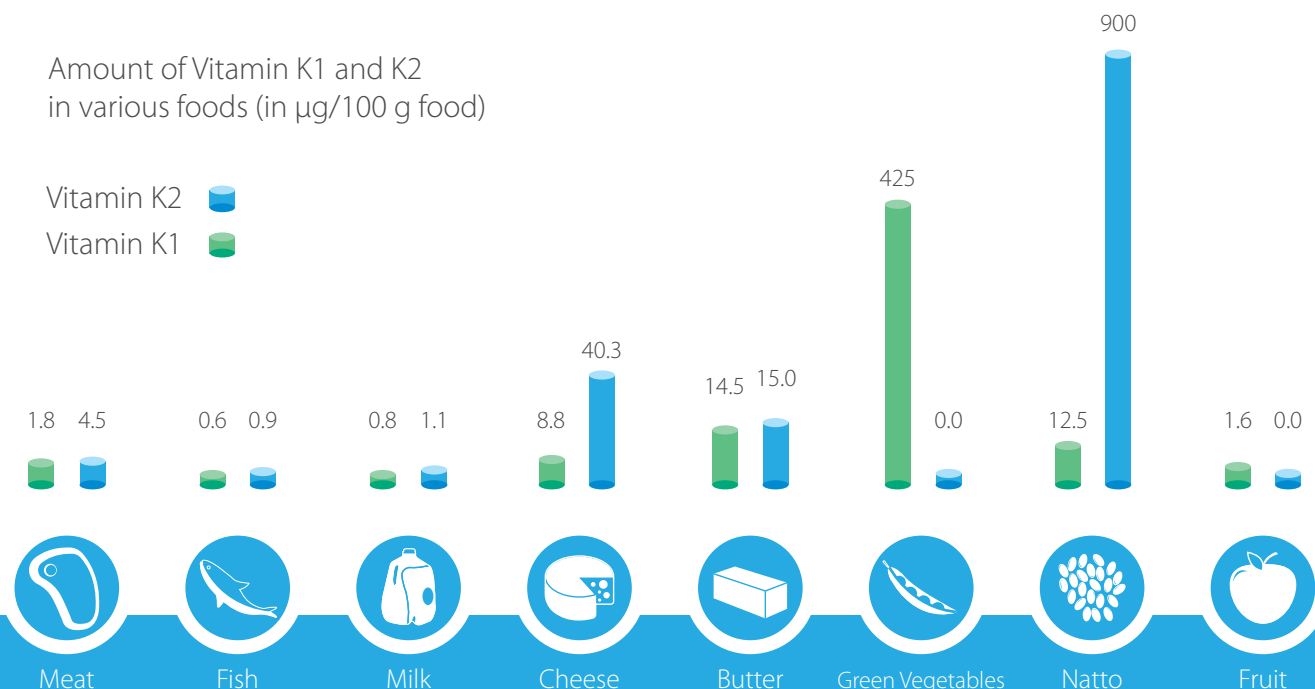


Bone Density

Are Your Patients Missing Something in Their Diets?

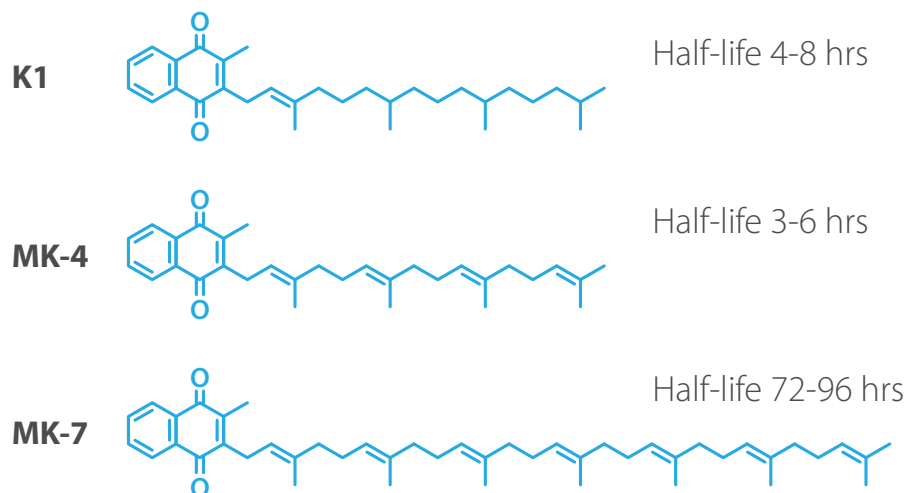
Amount of Vitamin K1 and K2
in various foods (in $\mu\text{g}/100\text{ g food}$)

Vitamin K2 
Vitamin K1 

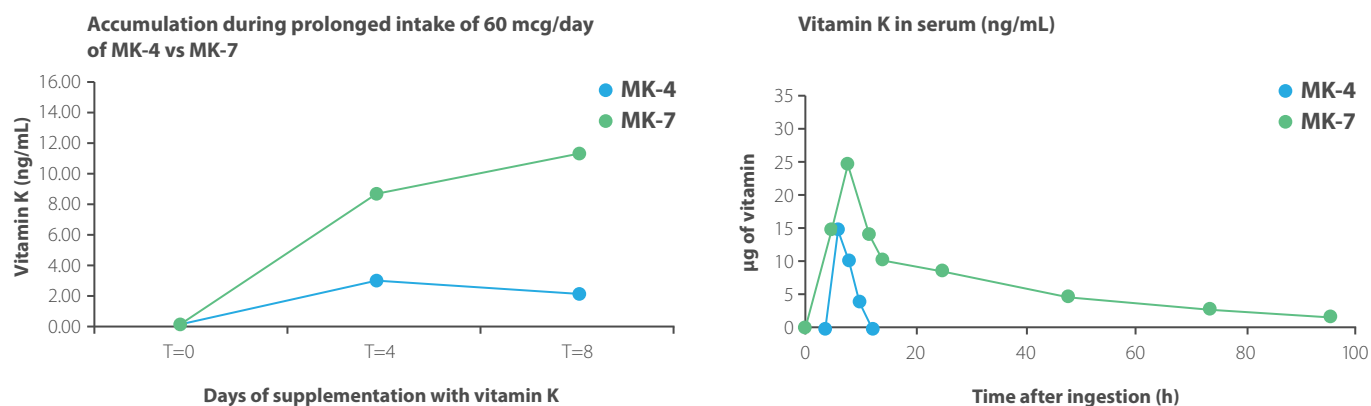


Vitamin K2: The Key to Calcium Balance

Vitamin K2 is an essential vitamin that controls the flow of calcium into bones keeping it out of tissues and arteries. There are two types of vitamin K2 (MK-4 and MK-7), and while they are structurally similar, they differ in the saturation and length of their sidechains.



The long sidechain of MK-7, combined with its extended half-life, make it the superior form of vitamin K2.



In addition, MK-7 has been found to remain in the blood approximately nine times longer than the MK-4 form.

2. Schurgers LJ, Teunissen KJ, Hamulyák K, Knapen MH, Vik H and Vermeer C. Vitamin K-containing dietary supplements: comparison of synthetic vitamin K 1 and natto-derived menaquinone-7. *Blood*. 2007;109:3279-3283.

Long-term supplementation of vitamin K2 as MK-7 is documented to be safe and effective by the European Food Safety Authority.

Vitamin K2: The Link Between Bone and Cardiovascular Health

Emerging research continues to highlight the importance of vitamin K2 intake for optimizing calcium transport. While vitamin D has long been known to facilitate calcium absorption, it is vitamin K2, through its carboxylation of osteocalcin, that guides calcium into bones and prevents its absorption into arteries. Vitamin K2 also activates matrix Gla-protein (MGP), a protein in blood vessels that keeps calcium out of arteries.

