



## Bio-K Forte Caps™

**Why you may need Bio-K Forte Caps™:** A fat soluble vitamin that was first isolated and synthesized in the late 1930s, the so named Vitamin K is a short form of the name Koagulationsvitamin given by Danish researchers in reference to its role in blood clotting. Vitamin K plays several key roles in the body. In addition to being one of the first substances given to newborns to prevent hemorrhage, vitamin K is also involved in normal bone calcification, aids in the conversion of glucose to glycogen, and assists healthy cardiac and liver function, as well as providing immune system support. In addition, high temperatures, diarrhea, or antibiotic use may deplete stores of vitamin K producing bacteria that line the GI tract. Individuals who rely on low fat, high protein diets or diets high in processed foods, may not have adequate vitamin K levels. Vitamin K deficiency can be difficult to recognize as frequently the only outward symptom is bruising or vascular fragility – people may first notice this as pool-like bruises on the hands and arms or dark circles under the eyes. Heavy menstrual periods or bleeding of the gums may be associated with vitamin K deficiency.

### Why your healthcare practitioner recommends Bio-K Forte Caps™ from Biotics Research:

There are two key forms of naturally occurring vitamin K. Phylloquinone (precursor phytonadione), also known as K1, and menaquinone, referred to as K2. The K1 family of compounds is synthesized in plant leaves and leafy green vegetables whereas K2 is commonly derived from animal or bacterial sources. It is interesting to note that while similar, each form of vitamin K targets different tissues. Believing that vitamin K is best supplied as a combination of K1 & K2, Biotics Research is pleased to introduce **Bio-K Forte Caps™**. Each capsule provides ideal, broad spectrum support, and supplies 550 mcg of vitamin K (as phytonadione and menaquinone in a 10:1 ratio). While the current daily reference intake (DRI) is established at 90 mcg/day for adult females and 120mcg/day for males, research indicates that given the high rate of excretion (~60-70%), these values may be too low to meet daily physiological needs.

*Caution: those taking blood thinning medications, such as warfarin, should avoid supplementation with vitamin K unless specifically recommended and monitored by their physician. Pregnant and nursing mothers should avoid supplemental intakes higher than DRI (65mcg) unless specifically recommended and monitored by their physician.*

## Supplement Facts

Serving Size: 1 Capsule

	Amount Per Serving	% Daily Value
Vitamin K (as menaquinone-7, phytonadione)	550 mcg	688%
Superoxide Dismutase (from vegetable culture†)	60 mcg	*
Catalase (from vegetable culture†)	60 mcg	*

\*Daily Value not established

**Other ingredients:** Capsule shell (gelatin and water) and magnesium stearate (vegetable source).

† Specially grown, biologically active vegetable culture containing naturally associated phytochemicals including polyphenolic compounds with SOD and catalase, dehydrated at low temperature to preserve associated enzyme factors.

Each capsule supplies Vitamin K as menaquinone-7 and phytonadione in a 1:10 ratio.

**Recommendation:** One (1) capsule each day as a dietary supplement or as otherwise directed by a healthcare professional.

**Caution:** Those taking warfarin should avoid supplementation with Vitamin K unless specifically recommended and monitored by their physician. Pregnant and nursing mothers should avoid supplemental intakes higher than the RDA (65 mcg) unless specifically recommended and monitored by their physician.

**KEEP OUT OF REACH OF CHILDREN**

Store in a cool, dry area.

Sealed with an imprinted safety seal for your protection.