



True Protocols™

VITAMIN D-K2 BALANCE

Optimal Calcium Absorption

- Powerful combination of fat soluble vitamins D3, K2, and A.
- Promotes healthy calcium balance - strong bones and relaxed muscles.
- For optimal results, take in combination with Magnesium Balance and Mitochondria Balance.

What Is The Calcium Paradox?

Calcium is a powerful molecule that needs to be handled and stored with care in the body. For decades the dairy industry has been promoting high consumption of dairy products in order to build strong bones and prevent osteoporosis. Most people get enough calcium in their diets, but unless that calcium is directed into bone it will accumulate in soft tissue wreaking havoc on your health.

This contradiction (calcium paradox) is that the buildup of calcium in soft tissue occurs even while your body behaves as if it is short of calcium, removing it from bone even if you are consuming sufficient calcium in your diet.

Not surprisingly, our most common modern health afflictions are strongly associated with calcium mismanagement. Calcium toxicity adversely affects cellular functions, and can lead to the formation of calcium deposits on bones, in soft tissue and in blood vessels (atherosclerosis). When calcium is not being absorbed into our bones and instead being released, we end up with much weaker bones and can eventually develop osteoporosis.

Excess calcium in the brain is associated with anxiety and depression, which is resistant to antidepressant therapies. Chronic (myofascial) pain originates from the calcium-induced latched state in muscles. With all the damage to our health that can occur through the misdirection of calcium, getting calcium where it belongs is critical to overall health.



NPN: 80075059
120 Gelatin Caps
Serving Size: 1 Capsule

Ingredients:

Vitamin A	500 IU
Vitamin D3	1000 IU
Vitamin K2	120 mcg

Suggested Use:

Take 1 capsule daily with food, or as directed by a health care practitioner.

Caution:

Consult a health care practitioner prior to use if you are taking blood thinners.

Main Applications:

- Maintenance of bones, eyesight, skin membranes, immune function, and cardiovascular health
- Prevents vitamins A, D and K deficiencies



Non-GMO



Glutenfree

Why Do I Need Vitamin D?

Vitamin D is best known for its role in absorbing calcium from the digestive system and promoting bone formation but we know that vitamin D has multiple actions throughout the body including regulation of genes, balancing immune function and supporting mood.

Vitamin D deficiency has been linked to numerous health conditions including osteoporosis, autoimmune conditions, diabetes, cancer, cardiovascular disease, muscle pain, muscle loss and even an increased risk of falling in the elderly.

Based on current evidence it is estimated that over 60% of the Canadian population is deficient in this crucial vitamin, and the percentage goes up to over 80% for people with chronic disease. In a recent study it was found that musculoskeletal pain may be related to vitamin D deficiency, and replacement of vitamin D improved pain scores. The researchers found that 95% of the subjects were vitamin D deficient, and 85% had improvement in their pain levels after they started to supplement with vitamin D.

It also appears that vitamin D is linked to pain independent of the skeletal system. The most current research and scientific opinion shows that adequate levels of vitamin D are crucial to reducing chronic pain.

The Missing Pieces: Vitamin K2 And A

Vitamin K2 regulates osteocalcin, a protein important for bone mineralization. Vitamin K2 also controls a protein called Matrix GLA which is responsible for preventing excess calcium to become deposited in soft tissues.

The ability of vitamin K2 to not only increase calcium usage in bone formation but also prevent the calcification of arteries and muscles clearly highlights its importance in both bone and cardiovascular health.

Vitamin A is almost totally overlooked compared to vitamin D and K2, but it also plays a key role in proper genetic expression, immune function, skin health and night vision.

Just as with vitamin D and K2, deficiencies of vitamin A are likely underdiagnosed in our modern society. Foods high in vitamin A such as organ and grass fed meats are not commonly consumed and there is an unreasonable fear about the toxicity of vitamin A. In fact, vitamin A is an essential factor in brain, bone and immune function and is only dangerous when taking ultra high doses (100,000+ IU per day for more than 6 months) or when consuming excessive amounts of synthetic beta carotene (which is not vitamin A).

In relation to vitamin D and K2, vitamin A plays a key role in the excretion of excess calcium which helps to dissolve plaques in blood vessels and soft tissues.

Why Take Vitamin D-K2 Balance?

Vitamin D-K2 Balance contains the key vitamins necessary to regulate calcium absorption, function, and elimination. Think of vitamins D, K2, and A as your calcium control team, with optimal performance occurring when you have adequate levels of all 3 vitamins present.

Vitamin D helps to absorb calcium, vitamin K2 directs it to the bones and helps to clean up excess calcium while vitamin A helps to excrete it through urine.

Magnesium also plays a key role in regulating calcium - low magnesium levels will lead to higher tissue levels of calcium while promoting ongoing mobilization of calcium from bone.

The real therapeutic potential of the Vitamin D-K2 Balance formula is experienced when taken in combination with Magnesium Balance and Mitochondria Balance as they each address a key component of the chronic pain cycle. Together they increase magnesium levels which is essential for muscle and nerve function, regulate calcium levels and re-ignite the production of life-giving energy from our mitochondria to ensure optimal muscle function and improve overall health.