

Vitamins D3 + K



Vitamins D3 and K for Strong Healthy bones. Vitamin K is important for bone mineralization

Vitamin D3 (cholecalciferol) is the natural form of Vitamin D
Vitamin K: phyloquinone (K1) is the natural form of Vitamin K

Among its many uses, Vitamin D, in conjunction with Parathyroid Hormone (PTH), regulates blood Calcium (Ca) and bone mineralization. It also stimulates the release of prolactin and growth hormone from the pituitary.

Vitamin K1 is from plants; other forms of vitamin K are synthesized by bacteria.

Vitamin K1 is important in the mineralization of normal bone, blood clotting and is important in the proper function of nervous and many other tissues in the body.

WARNING: The Institute of Medicine has Identified a safe upper limit as 2000 IU daily in normal adults. Larger doses should be used under the supervision of a health care professional. Vitamin K should be used with medical supervision when taking anti-coagulation drugs like warfarin.

By John W Jones, MD, MPH
Nutritional Consultant for Nutrition Pure and Simple
www.jjconsulting.net

Supplement Facts

Serving Size: 1 Capsule, Servings per Container: 100

Each capsule contains:

5000 IU Vitamin D3 (as cholecalciferol), and 550 mcg Vitamin K (phyloquinone)

or

2000 IU Vitamin D3 (as cholecalciferol) and 200 mcg Vitamin K (phyloquinone)

Other Ingredients: Calcium carbonate, magnesium stearate, gelatin

Suggested Use: 1 capsule daily or as directed by a qualified health professional.

All of the nutrients in this product are supplied by well respected USA and/or European vendors and all are analyzed for purity and quality.

How Vitamins D3 5000 and K is Supplied:

VMD5K bottles of 100 capsules.

Vitamin D3 2000 + K

VMD2K bottles of 100 capsules

Related Product: Vitamin D3 2000 and Vitamin D3 5000



Phone: 888.953.5553
www.nutritionpureandsimple.com

*These statements have not been evaluated by the Food and Drug Administration
Products are not intended to diagnose, treat, cure, or prevent any disease*