

DID YOU KNOW?

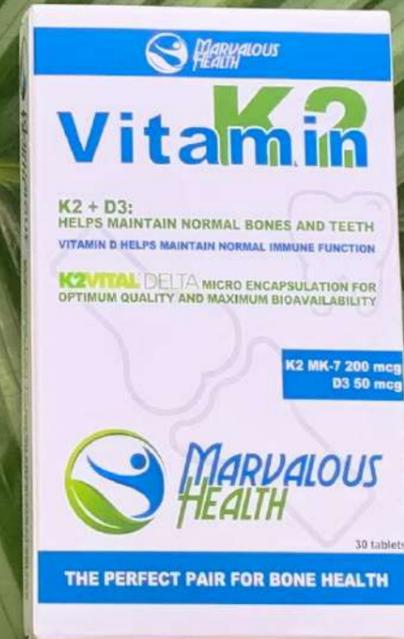
The micro-nutrients Vitamin K2 and Vitamin D3 both contribute to the maintenance of normal bones and put calcium where it's needed: into bones, not arteries. Vitamin K2 supports the mineralization of bones. Vitamin D3 contributes to a regular intake of calcium and supports a normal calcium level in the blood.

Our diets do not provide us with enough vitamin K2 and D3. The evidence is growing that all populations, from neonatal to geriatric, require vitamin K2 for optimal body function.

Vitamin K2

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Ingredients:

Menaquinone-7 (K2VITAL®), Cholecalciferol, Gum Arabic (Organic), Sunflower Lecithin (Organic), Rice Flour (Organic)

Label Claim

per tablet		%NRV	Contains 30 tablets
Vitamin K2 MK-7	200 µg	268	
Vitamin D3	50 µg	1.000	

Daily dose (adults): 1 tablet (do not exceed)

Store below 25°C. Protect from light. The product should be stored out of reach of young children. If you are using blood-thinning medications consult your healthcare professional before using this product.

Warning: Nutritional supplements are no substitute for a healthy diet and lifestyle. This product is not intended to diagnose, treat, cure or prevent any disease. Discontinue use if you experience any adverse reactions.

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VITAMIN K2 / D3

Vitamin D and Vitamin K enhance each other as synergists and are an indispensable combination for the maintenance of good health. This product contains only the most absorbable forms of the vitamins, namely vitamin D3 and vitamin K2 (as MK-7 or in other words Menaquinone-7 from K2VITAL®).



Vitamin D3

Vitamin D3 is produced in the skin when it's exposed to sunlight. When exposure happens, a hormone is produced from cholesterol and this allows the vitamin to be produced through the skin. However, it's a challenge to produce enough vitamin D3 ourselves. In the absence or avoidance of sunlight, vitamin D3 becomes an essential nutrient. We can get the vitamin from our diet, e.g. from fatty fish such as salmon and mackerel, liver and egg yolks. Unfortunately, the amount of vitamin D3 that can be supplied through food is never as high as our own production in the skin causing us struggling, often unconsciously, with vitamin D3 deficiencies.

Vitamin D3 is necessary for our body in many aspects. It provides support for various processes such as a normal calcium level in the blood, the maintenance of strong bones, a proper absorption of calcium from the diet, an healthy immune system, the maintenance of strong teeth and normal muscle function.

Vitamin D3 is unique because the body can produce it itself: when the sun shines on our skin, vitamin D3 is formed there. The body only produces enough vitamin D3 when you sit in the sun for 20-30 minutes every day, without any sunscreen. Unfortunately, this is often not feasible in practice and only a small percentage of vitamin D3 is obtained through food. This makes a supplement with vitamin D3 an useful extra for many people.

As people get older, the skin is less able to produce vitamin D3. This vitamin provides support in keeping bones and muscles strong and is therefore important in aging.

Benefits of Vitamin D3

Vitamin D3 is good for your health in many aspects. It contributes to a normal calcium level in the blood, the maintenance of normal bones, a normal absorption/use of calcium and phosphorus, a normal functioning of the immune system, the maintenance of normal teeth and a normal functioning of the muscles. Vitamin D3 also plays an important role in the cell division process. In addition, vitamin D3 is required for normal growth and development of the bone structure and contributes to a normal functioning of children's immune system.

VITAMIN K2 & D3

THE PERFECT COMBINATION

Vitamin D and vitamin K are important synergists: they reinforce each other in their effect. While vitamin D ensures normal calcium levels in the blood, vitamin K ensures the absorption of calcium in the right place - in the bones - instead of unwanted places such as the kidneys or blood vessels.

In addition, vitamin D and vitamin K play an important role in many bodily processes. For example, vitamin K contributes to normal blood clotting and, like vitamin D, contributes to the maintenance of strong bones. Vitamin D also contributes to the maintenance of strong muscles and teeth and supports the immune system.

Vitamin K2 (MK-7)

Vitamin K is partly produced by bacteria in the colon. This happens from the age of 3 months. However, the amount of vitamin K produced in the intestines is about half the daily amount that one needs.

There are 2 types of vitamins K, namely vitamin K1 and vitamin K2. Vitamin K1 (phylloquinone) is mainly found in green leafy vegetables such as spinach, kale or broccoli. Vitamin K2 (menaquinone) is mainly found in fermented products such as quark, cheese or yogurt. The highest concentration is in the product Natto: fermented, extremely slimy soybeans. However, due to its extreme taste, this product is hardly consumed in Europe.

Vitamin K2 is vital for bone-building and the optimal functioning of the cardiovascular system. Vitamin K2 activates osteocalcin, an enzyme that helps build bones by integrating calcium into the bone matrix. If vitamin K2 levels are low, then activation of osteocalcin is insufficient and bone formation is reduced.

Taking the right vitamin K2 (menaquinone-7) has been scientifically proven to help maintain flexible blood vessels, which can significantly reduce the risk of high blood pressure and cardiovascular disease. Vitamin K2 also ensures the transport of calcium from the blood vessels to the bones and teeth, where it belongs.

NOTE: People that are on blood thinning medicine should always consult their physician before using a Vitamin K2 supplement.

Benefits of Vitamin K2

Vitamin K2 (MK7) is important for the composition of bones. This vitamin namely plays a role in the production of bones and ensures that their strength is maintained. In addition to their supporting function, bones also have a function to protect the internal organs. Proper maintenance is therefore very important. On top of that, Vitamin K2 (MK7) contributes to the proper function of blood clotting. This is the process that limits blood loss from injuries. Blood clotting happens when blood in the blood vessels is exposed to air or another surface, after which it hardens.