

## Vitamin K2+A+D3



**NON GMO**



- Maintains eyesight, skin, immune function, bones, teeth and night vision

### Bones

The combination of vitamins K and D has been shown to significantly increase bone mineral density (BMD) better than either alone. High-dose vitamin K has been shown to significantly reduce fractures in double-blind research of postmenopausal women with osteopenia. A review of seven controlled studies confirmed that high-dose vitamin K reduces the risk of fractures, and large amounts of vitamin K have been shown in preliminary research to correlate with greater BMD and to increase bone formation in some women. MK-7, the form of vitamin K in Vitamin K2+A+D3 has been shown to increase bone mineralization, to significantly reduce loss of BMD, improve bone strength and decrease risk of fracture in placebo-controlled research. K2 has also been shown to improve the ratio of bone formation to bone breakdown. A meta-analysis of thirteen controlled studies found that long-term high-dose vitamin K supplementation reduces bone loss.

Vitamin D has also been shown to increase bone density and to reduce hip fracture by 43-60%.

### Eyesight & Night Vision

Vitamins D and A benefit the eyes. People with the highest vitamin D levels are 36% less likely to have macular degeneration. Vitamin A deficiency may cause, and supplementation may improve, night blindness. Double-blind research shows that high-dose vitamin A can speed up recovery of light sensitivity and adaptation to dark.

### Skin

Vitamins D and A are also good for your skin. Vitamin D can help adults with low levels of D and children treat eczema, and high-dose vitamin A has been shown to prevent acne.

### Teeth

Vitamin K supports activation of proteins involved in tooth mineralization. People with the highest levels of D have 30% less risk of gingivitis. Vitamin D also helps periodontal disease because men with the highest levels of D have 39% less bone loss and women have 26% less: supplementation with vitamin D reduces bone loss.

### Immunity

In people who are deficient in vitamin A, supplementing vitamin A can enhance immunity. Impressively, vitamin D reduces the risk of flu in kids by 42% during the winter.

### Each Serving (0.25 mL) Contains:

#### Medicinal Ingredients:

Vitamin A (palmitate) . . . . .	.151 mcg RAE (500 IU)
Vitamin D3 (cholecalciferol) . . . . .	.25 mcg (1000 IU)
Vitamin K2 (menaquinone-7) . . . . .	.50 mcg

**Non-medicinal Ingredients:** Medium chain triglycerides, olive oil, flaxseed oil, tocopherols, vanilla cream flavour.

**Recommended dose (children (4 years & up) and adults):** 1 serving (0.25 mL) daily or as directed by a health care practitioner.

CODE: 0564-30 ml NPN: 80060826

\* See W. Gifford- Jones, MD's Vitamin K2+A+D3 Product Details at PNO.CA for references.



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