

VITAMIN K2 + RESVERATROL

A dietary supplement to support healthy bone mineral density*

Vitamin K2 + Resveratrol is a dietary supplement that supports:

- Bone structure, density and integrity*
- Proper bone remodeling and mineralization*
- Cardiovascular Function*
- Brain Function*
- Free-Radical Fighters*

Both Vitamin K2 and Resveratrol are widely known to support cardiovascular and brain health and individually have been recognized respectively for their roles in bone density support and as free-radical fighters.* The latest research has also indicated that resveratrol has a profound impact on bone formation and mineralization.* While their mechanisms of action differ with regard to heart, brain and bone health, this novel combination of vitamin K2 and resveratrol serve as a multidimensional approach to these key systems.*

VITAMIN K2

Vitamin K2, known as menaquinone (MK-7), is the form that has been shown to support normal bone formation and cardiovascular support.*

Bone Support:

K2 is responsible for the carboxylation of specific bone proteins that play a regulatory role in bone metabolism.* For example, Vitamin K is required for the activation of osteocalcin, a Vitamin K-dependent protein that transports calcium from the blood to form a healthy bone matrix. When Vitamin K2 is deficient or not well used in our bodies, bone structure and function can be compromised.* Vitamin K2 not only supports the deposition of calcium into bone, it also has a regulatory effect on Vitamins A and D with regard to osteoclast and osteoblast activity.*

Vascular Support:

The same process that has established vitamin K2 as a premier bone health support nutrient positions it as a crucial nutrient for cardiovascular health.* Matrix Gla-protein (MGP) is the most powerful modulator of arterial calcification. It also has the capability to bind to calcium and, in doing so, supports blood vessel pliability and the ability to adapt to varying pressures, when activated, which is dependent on vitamin K2.*

RESVERATROL

Resveratrol is a protective compound produced by grapevines and other plants, in response to environmental stresses. It is a polyphenol, which protects cells against naturally occurring substances known as free radicals.*

Bone Support:

One novel approach to bone support, in addition to targeting mineral balance, utilizes resveratrol is a phytoestrogen. Phytoestrogens are naturally occurring plant-derived compounds that are structurally similar to estrogen. Plant estrogens are weaker forms of estrogen, yet are able to support the same physiological activity.* As a phytoestrogen, resveratrol supports women's health during and after menopause.* Studies have demonstrated that resveratrol has a positive effect on bone health by supporting the bone-building and mineralization processes.*

Cardiovascular Health

Resveratrol also helps support cardiovascular health through its polyphenolic compounds that are known to possess free-radical fighting and vascular supporting properties.* Animal studies have demonstrated that resveratrol decreased the "stickiness" of blood platelets and helped blood vessel pliability and flexibility.* It also supports healthy levels of oxidation involving LDL cholesterol and works to minimize free radical damage.*

Suggested Use: As a dietary supplement, take 1 capsule daily, or as directed by your healthcare practitioner.

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 60

Amount Per Serving	% Daily Value
Japanese Knotweed (<i>Polygonum cuspidatum</i>)	
Root Extract 100 mg	*
yielding trans-resveratrol 50 mg	*
Vitamin K2 (as Menaquinone-7) 500 mcg	*

*Daily Value not established.

Other Ingredients: microcrystalline cellulose, vegetable cellulose (capsule), vegetable leucine

Warning: If pregnant or nursing, consult your healthcare practitioner before taking this product.

Caution: Discontinue use 2 weeks prior to surgery.

VEGETARIAN / GLUTEN FREE / SOY FREE

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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