

VITAMIN K2 PLUS

A dietary supplement to support healthy bone structure and function.*

- **Vitamin K2 Plus** is a blend of Menaquinone-7, Vitamin D3 and Inulin. Inulin supports intestinal absorption of calcium (from foods), which is important for maintenance of proper bone density.* This formula supports bone health and function as well as optimal utilization of Vitamin K2 in the intestinal tract.*

- **Vitamin K2:**

- Works primarily outside of the liver in bones and blood vessels.
- Vitamin K2 known as menaquinone (MK) 7 is the form that has been shown to support bone formation.*
- When vitamin K2 levels are inadequate or when it is not well absorbed by the body, bone structure and function can be compromised.*
- Factors that may cause low levels of Vitamin K include: poor diet, the use of certain prescription drugs, as well as long term use of antibiotics.

- **Vitamin K2 and bone health:**

- Vitamin K2 supports bone metabolism and healthy bone growth.*
- Vitamin K is necessary for the activation of osteocalcin, a protein necessary to transport calcium from the blood to form healthy bone matrix.*
- Vitamin K functions primarily as a co-factor for the enzyme responsible for the carboxylation of specific bone proteins.* Carboxylation is an important biochemical process that gives the bone proteins "claws" so they can hold onto calcium. Proteins that don't get enough Vitamin K can't hold onto calcium. Without a functioning protein to control calcium, it will drift out of bone and into other soft tissue. Vitamin K2 helps to redirect the placement of calcium.*

- **Vitamin D3:**

- Vitamin D is an essential aid in the absorption and utilization of calcium and phosphorus.*
- It's necessary for normal growth and development of bones as it is necessary for calcium deposition in the bones.*

- **Inulin:**

- Inulin belongs to a class of carbohydrates (fibers) known as fructans.
- Fructans have been shown to stimulate the growth of friendly and healthy intestinal bacteria, support the immune system and support mineral absorption especially calcium.*
- Inulin is metabolized similarly to soluble, dietary fiber. It resists digestion in the upper gastrointestinal tract and is fermented by microflora, in the large intestine.

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

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 60

Amount Per Serving	% Daily Value
Vitamin D3 (as Cholecalciferol) 5 mcg (200 IU)	25%
Inulin 750 mg	*
Vitamin K2 (as Menaquinone-7) 50 mcg	*

* Daily Value not established.

Other ingredients: hypromellose (capsule), vegetarian leucine.

Warning: Do not take this product if you are taking anticoagulant/anti-platelet drugs such as Warfarin/Coumadin. If you are pregnant or nursing, consult your healthcare practitioner before taking this product.

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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