

# LIPOSOMAL A•D•K

MADE WITH  
**NON  
GMO**  
ingredients

## All-in-One Bone, Immune, and Cardio Support\*

- Excellent Nutrition for Strong and Durable Bones\*
- Optimizes Calcium Metabolism\*
- Contains the Bone-Building Form of Vitamin K2 (Menaquinone or MK-7)\*
- Maximizes Absorption and Bioavailability\*
- Promotes Heart Health, Immune Function, and Mucosal Integrity\*

Most Americans don't get enough vitamins A, D, and K, says a large national survey (NHANES 2007-2010). If you aren't eating fatty fish, eggs, and leafy greens every day, then you probably aren't getting enough of these essential vitamins. Without enough ADK, bones may become brittle and weak.\* Calcium may settle in arteries, where it doesn't belong, and the immune system may weaken.\*

### Build and Maintain Strong Bones and Teeth\*

Liposomal ADK contains the vitamin heavy-hitters that work in combination to build healthier, stronger, more resilient bones throughout life.\* Vitamin A supports growth and repair of bones.\* Vitamin D regulates absorption of calcium in the gut.\* Vitamin K2 activates a critical protein, osteocalcin, which incorporates calcium into bones.\* With these vitamins on your side, you'll have strong, dense, durable bones that will last a lifetime.\*

### Optimize Cardiovascular and Overall Health with Liposomal ADK\*

Vitamin D supports cardiovascular function and healthy blood pressure, and with enough vitamin K2, calcium is deposited into bones where it is needed, instead of in arteries.\* That means arteries stay soft and flexible, like they should be.\*

What's more, Liposomal ADK supports mucosal health, a strong immune system, and regulates cell growth.\*

### A Leap Forward in Rapid and Effective Nutrient Delivery\*

Based on nature's award-winning design of the cell membrane, nutrients are carried within a lipid bilayer- a "liposome." Liposomal ADK can act more quickly than other forms and it's perfect for those with compromised gut function or fat malabsorption.\*

### The Advantages of Liposomal A•D•K:

- Gets to work quickly with maximum bioavailability.\*
- Vitamins ADK work synergistically to support bone, heart, mucosal, and immune health.\*
- Hypoallergenic, non-GMO ingredients, at clinically relevant doses.\*

**Suggested Use:** As a dietary supplement, take 1 ml daily, or use as directed by your healthcare practitioner. Shake vigorously before each use.

## Supplement Facts

Serving Size 1 ml  
Servings Per Container 30

Amount Per Serving	% Daily Value
Calories 10	
Total Fat 1 g	1%†
Vitamin A (as Retinyl Palmitate) 1,500 mcg	167%
Vitamin D3 (as Cholecalciferol) 125 mcg (5,000 IU)	625%
Vitamin K2 (as MK-7) 500 mcg	417%

†Percent Daily Values are based on a 2,000-calorie diet.

Other Ingredients: glycerin, water, oleic acid polyglyceride, sunflower lecithin, natural flavors, potassium citrate, xanthan gum, rosmarinic acid.

**Warning:** Individuals taking more than 50 mcg (2,000 IU) of Vitamin D per day should have their vitamin D levels monitored. This product is not intended for long term use and should be used under the supervision of your doctor. Studies indicate that levels of Vitamin A in excess of 1,200 mcg daily can increase the incidence of birth defects or other reproductive harm. Do not take this product if pregnant or nursing. If you have a blood-clotting disorder or are taking anticoagulant/anti-platelet drugs such as Coumadin (Warfarin), do not take this product without consulting your healthcare practitioner.

VEGETARIAN / GLUTEN FREE / SOY FREE

**MenaQ7**  
Itamin K2 as MK 7

MenaQ7® is a trademark of Natopharma ASA, Norway, Patented in the United States and Canada. US Patent Number: 8,354,129; Canada Patent Number: 2,347,387.

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\*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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