

Vitamin K2 90 mcg 60 capsules

EAN: 5055148411404 FABRICANTE: LAMBERTS



Helps blood clotting and bone health. High quality provides 90 µg of Vitamin K2 in the form of Menaquinone-7 or (MK-7) and is free of cis isomers. They are small, easy-to-swallow capsules.

DESCRIPTION

Many experts now believe that subclinical vitamin K deficiency – one that is not so severe that it impairs blood's ability to clot – may contribute to osteoporosis and other age-related diseases.

Vitamin K is the generic term for a group of fat-soluble compounds containing vitamins K1 and K2. Vitamin K1, also known as phylloquinone, is obtained in the diet from leafy greens, broccoli, Brussels sprouts, and vegetable oils such as rapeseed and olive oil, and makes up 90% of our K intake. Vitamin K2 (a family of menaquinones), is produced in smaller amounts by bacteria in the digestive tract.

The last decade has seen a growing interest in the uses of vitamin K. Studies show the importance of regular vitamin K intake in order to achieve optimal calcium regulation.

Research has confirmed its use in the activation of K-dependent proteins (VDK), necessary for blood coagulation and other important processes such as bone metabolism, vascular health and regulation of cell growth and apoptosis.

Vitamin K contributes to the maintenance of normal bones and normal blood clotting. It should be noted that in people under treatment with anticoagulants, vitamin K supplementation, or additional supplementation to that found in multinutrient formulas, should be supervised by a health professional.

This vitamin was discovered in 1930 by Danish researchers, who observed that newborn chickens fed a fat-free diet developed bleeding complications. They eventually solved the problem with an alfalfa-based compound they named vitamin K, for Koagulation (in Danish).

Our supplier uses an innovative GMP manufacturing standard based on over 100 years of experience to produce Vitamin K2. It took them four years to develop a totally unique and patented method of extracting Vitamin K2-7 to achieve the highest concentrations while avoiding product adulteration.

- Relevant concentration of Vitamin K2 of 90 µg per capsule.
- Vitamin K2 as Menaquinone-7 or MK-7. The form of vitamin K that remains in the body the longest, the most bioavailable and active.
- Vitamin K2 from fermented chickpeas to avoid the presence of the soy allergen in the final product.



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- The vitamin K2 used is the only one on the market supported by clinical studies.
- With sunflower oil, essential for the absorption of Vitamin K2, since it is fat-soluble.

Black soft capsule.

Each capsule provides:

Vitamin K2 90 µg

Suitable for vegetarians and vegans

Allergen note

The following list of allergens are excluded: wheat, barley, soya, eggs, milk (and dairy products), lactose, nuts, sulphites, celery, fish, shellfish, yeast and gluten.

Precautions

Do not take by pregnant or breastfeeding women. Contains vitamin K, if you are taking anticoagulants (blood thinners) do not take it, except under doctor's advice.

Storage instructions

Store in a cool, dry place protected from light.

Instructions for use:

- Take 1 or 2 capsules daily with food.
- Do not exceed the expressly recommended daily dose.
- One container lasts: 60 days.

