



Synergy K

INTRODUCED 2006

What Is It?

Vitamin K includes a group of compounds that contain a central ring structure with varying side chains. These differing side chains account for differences in absorption, bioavailability, transport and tissue distribution. Vitamin K₁, phylloquinone, is the most common form and is found in plants and green vegetables. The vitamin K₂ family, menaquinones, are less common and are found in meats, eggs, some cheeses, and fermented food, such as Japanese natto. The most common menaquinones are menaquinone-4 and menaquinone-7 (MK-7). Studies indicate that vitamin K₁ and vitamin K₂ (menaquinone-4) are primarily concentrated in the liver, while MK-7 is concentrated in extra-hepatic tissues, including vascular tissues. MK-7 also has a longer half-life. This unique formula contains a broad-spectrum blend of vitamins K₁, K₂ and D for healthy calcium utilization to maintain healthy bones and blood vessels.*

Uses For Synergy K

Bone Health: Vitamin K enhances bone formation by carboxylating osteocalcin. This enables osteocalcin to bind to calcium and promote healthy bone mineralization. Vitamin D synergistically regulates the synthesis of osteocalcin by osteoblasts in bone. Adequate intake of vitamin K₁ and K₂ may be especially important for optimal carboxylation in aging individuals, as indicated by a recent study involving Japanese women.*

Vascular Health: Vitamin K dependent proteins in the liver are responsible for maintaining healthy blood coagulation and platelet function. Additionally, by activating matrix Gla-protein (MGP), vitamin K also helps maintain healthy calcium metabolism in vascular tissues, supporting healthy vascular elasticity. Recent studies indicate that vitamin D potentiates the activity of MGP and that the combination of vitamin K and D provides synergistic support for blood vessel function.*

What Is The Source?

Vitamin K₁ and vitamin K₂ (menaquinone-4) are synthetic. Vitamin K₂ (MK-7) is naturally derived from natto (soy) and contains casein (milk). Vitamin D₃ is derived from lanolin. Hypo-allergenic plant fiber is derived from pine cellulose.

[†] **MenaQ7** is a trademark of NattoPharma, Norway.

Recommendations

Pure Encapsulations recommends 1–2 capsules per day, with a meal.

Are There Any Potential Side Effects Or Precautions?

Vitamin K may be contraindicated for individuals on dialysis treatment. Not to be taken by pregnant or lactating women. Consult your physician for more information.

Are There Any Potential Drug Interactions?

Vitamin K is contra-indicated for individuals taking Coumadin/warfarin blood thinning medication. Consult your physician for more information.

Synergy K

each vegetable capsule contains  3

vitamin D ₃	200 i.u.
vitamin K ₁	500 mcg.
vitamin K ₂ (menaquinone-4).....	1 mg.
vitamin K ₂ (MK-7) (derived naturally from natto) [†]	45 mcg.
(hypo-allergenic plant fiber added to complete capsule volume requirement)	

Contains milk, soy

Not to be taken by pregnant or lactating women. Not for individuals taking blood thinning medications.

1–2 capsules per day, in divided doses, with meals.

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

For educational purposes only. Consult your physician for any health problems.

