**What Is It?**

K/D liquid provides powerful support for arterial health and cardiovascular function. Each serving provides vitamin K\(_2\), menaquinone-7 (MK-7), combined with vitamin D for synergistic support. MK-7 is found naturally in the fermented soy product natto and has unique properties compared to other forms of vitamin K. In contrast to vitamin K\(_1\) which concentrates in bone, MK-7 concentrates in vascular tissue. It also has a much longer half-life, allowing for sustained activity.*

**Uses For Cardio K/D liquid**

**Supports Healthy Arterial Calcium Metabolism:** Vitamin K\(_2\) MK-7 supports the carboxylation of matrix Gla-protein (MGP), a key protein involved in calcium balance. As a result, it supports healthy arterial blood flow and vascular elasticity. Two recent studies involving almost 17,000 postmenopausal women suggest that increased vitamin K\(_2\) intake, particularly of the longer chained menaquinones like menaquinone-7 (MK-7), promotes healthy vascular calcium balance and cardiovascular function. Vitamin K\(_1\) did not have a similar effect. Optimal serum levels of vitamin D are also important to maintain healthy calcium balance in vascular tissues, in part by supporting the activity of MGP.*

**What Is The Source?**

Vitamin K\(_2\) (MK-7) is derived from natto (fermented soy). Vitamin D\(_3\) is derived from lanolin. Sunflower oil is derived from *Helianthus annuus* seeds. Mixed tocopherols are derived from soybean oil.

**Recommendations**

Pure Encapsulations recommends 1–2 ml daily, in divided doses, with a meal.

**Are There Any Potential Side Effects Or Precautions?**

If pregnant or lactating, consult your physician before taking this product. Vitamin K may be contra-indicated for individuals on dialysis treatment. Consult your physician for more information.

**Are There Any Potential Drug Interactions?**

Vitamin K supplementation may be contra-indicated for those taking Coumadin/warfarin anticoagulant medication. Consult your physician for more information.

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