



PureHeart™ K₂D

Introduced 2014



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, phyloquinone, is the most common form and is found in plants and green vegetables. Vitamin K₂ (MK-7) is less common and found primarily in fermented soy. Studies indicate that while vitamin K₁ is primarily concentrated in the liver, vitamin K₂ (MK-7) is concentrated in extra-hepatic tissues, including vascular tissues, allowing for targeted support. MK-7 also has a longer half-life.*

Uses For PureHeart™ K₂D

Vascular Health: Vitamin K₂ menaquinone-7 (MK-7) promotes healthy vascular calcium homeostasis and cardiovascular function. In a systematic review involving 5 studies, higher intakes of vitamin K₂ were associated with cardiovascular health. Research indicates that it supports the carboxylation of matrix Gla-protein (MGP), a key protein involved in calcium balance. Unlike vitamin K₁, which concentrates in bone, MK-7 concentrates in vascular tissue where it supports healthy arterial blood flow and vascular elasticity. In an observational study involving 564 postmenopausal women, higher intake of vitamin K₂ was associated with healthy calcium balance in the vascular tissue. 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. Studies indicate that the combination of vitamin K and D provides synergistic support.*

What Is The Source?

Vitamin K₂ (MK-7) is naturally derived from flower extracts geraniol and farnesol. Vitamin D₃ is derived from lanolin. Hypo-allergenic plant fiber is derived from pine cellulose.

Recommendations

Pure Encapsulations recommends 1-2 capsules daily, 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 contraindicated for those taking Coumadin/warfarin anticoagulant medication. Consult your physician for more information.

PureHeart™ K₂D

each vegetarian capsule contains  v 3

vitamin D (as cholecalciferol) (D₃).....1,000 iu
vitamin K (as vitamin K₂ (menaquinone-7)).....150 mcg
other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

Not for individuals taking blood thinning medications.

1-2 capsules daily, with a meal