



VITAMIN D₃ + K₂ GUMMIES

Supports the structural integrity of bones*

- ✓ Supports bone health*
- ✓ Regulates bone metabolism*
- ✓ Promotes calcium balance*
- ✓ May protect against bone loss*
- ✓ May support healthy bone-mineral density*
- ✓ Supports immune health and function*
- ✓ May promote the remineralization of tooth enamel*
- ✓ Increases calcium absorption in bones*

The combination of vitamin D3 and vitamin K2 provides superior support for the health and maintenance of normal bones.* Vitamin D3 (cholecalciferol) is the most easily absorbed and utilized form of vitamin D.* Vitamin K2 as menaquinone-7 is the most bioactive and bioavailable form of vitamin K.*

Together, these vitamins work to support osteoblasts (bone-forming cells), facilitate calcium and phosphorus balance in the blood, and promote healthy muscle function.*

- Facilitates the appropriate utilization of calcium throughout the body*
- Helps remedy widespread nutritional deficiencies in essential vitamins D and K*



Frequently Asked Questions

Q: Can these gummies be safely consumed by everyone?

A: Given Vitamin K's role in blood coagulation, individuals taking blood thinners (also known as anti-coagulants) should only consume vitamin K supplements under the advisement and direction of a medical professional. Moreover, because sudden changes in vitamin K intake can inhibit or exacerbate the anticoagulant effect of certain blood thinners, individuals taking these medications should take care to maintain a consistent vitamin K intake from food or supplements.^{1*}

Q: Is the form of vitamin D in this product easily absorbed?

A: Vitamin D exists in two different forms: ergocalciferol (D2), which is produced in fungi and yeast, and cholecalciferol (D3), which occurs in animals.² Although both forms are effective for correcting and maintaining serum levels; research comparing the bioavailability and bioequivalence between forms suggests that D3 is more bioactive than D2, has a significantly longer half-life in the blood than D2, and has a greater opportunity for biological effects than D2.^{3,4}

Q: What form of vitamin K is used in these gummies?

A: These gummies are made with vitamin K2, as menaquinone-7 (MK-7). Studies suggest that vitamin K2 in the MK-7 form is readily absorbed, and compared with vitamin K1, has a significantly longer half-life within the blood. Thus, a supplement providing vitamin K2 in the MK-7 form provides the advantage of more stable blood levels, allowing a greater opportunity to access and be used in tissues throughout the body.^{5,6}

Q: How does the combination of Vitamin D3 and K2 provide "superior" support for bone health?

A: According to a growing body of genetic, cellular, and human studies, taking vitamins D and K together can elicit greater biological benefits for bone metabolism and calcium balance than taking either vitamin alone.⁷⁻¹³ One reason for the increased effects of vitamins K and D when taken together is that vitamin D promotes the synthesis of vitamin K-dependent proteins (VKDPs), which require vitamin K to function properly. Thus, maintaining adequate concentrations of vitamins D3 and K2 can support activities related to VKDPs, such as bone remodeling, inhibition of soft tissue calcification, and more.¹⁴⁻¹⁶

Supplement Facts

Serving Size: 1 Gummy
Servings Per Container: 60

Amount Per Serving		% Daily Value**
Calories	10	
Total Carbohydrate	3 g	1%
Total Sugars	2 g	†
Includes Added Sugars	2 g	4%
Vitamin D3 (Cholecalciferol)	25 mcg (1000 IU)	125%
Vitamin K2 (as menaquinone-7) (MK-7)	45 mcg	†
Sodium	5 mg	<1%

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

† Daily Value not established.

Other Ingredients: organic cane sugar, organic tapioca syrup, purified water, pectin, natural flavor, citric acid, fumaric acid, sodium citrate dihydrate, fruit and vegetable juice (color).

No gluten, milk derivatives, or artificial colors or flavors.

60 Count



Flavor	Item Number	UPC Code	Gummies Per Box	Days of Use	Case Qty	Unit W" x H"	Case L" x W" x H"	Unit lbs.	Case lbs.	MSRP	WS
Pomegranate	31160	7 68990 31160 4	60	60	12	2.716 x 4.875	11.25 x 8.75 x 5.5	0.54	6.83	\$24.95	\$14.97

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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.

