



Vitamin K2

An Over-Looked Essential Vitamin

Vitamin K2, also known as menaquinone, is a fat-soluble vitamin with multiple subtypes that have variable fat solubility and bioavailability. Vitamin K2 comes in different subtypes; **studies show that MK-7 to MK-13 subtypes are the best because they are more fat-soluble and more bioavailable.**



Natural Sources of Vitamin K2

Vitamin K2 is mainly found in cheese, cheese curds, and fermented soy.

What we know about Vitamin K2

Vitamin K2 works by affecting the protein osteocalcin, which **helps strengthen bones**. We also know vitamin K2 activates the protein MGP (a potent modulator of arterial calcification). If vitamin K2 levels are deficient, then the MGP protein cannot prevent arteries from becoming stiff with calcium deposits.

Over 90% of the Population is Deficient!

Research trials prove that **vitamin K2 keeps bones stronger and keeps hearts, brains, and other organs from excess calcium build up**. Studies show that those who take calcium supplements have an increased risk for coronary heart disease because of low vitamin K2. We typically advise patients to quit taking calcium supplements, and instead take optimal forms of vitamin D and K2.

Take with Vitamin D

The body needs vitamin D to transport calcium in food from the stomach into the blood system. If vitamin D is low, then regardless of calcium levels, calcium cannot be absorbed. A deficiency of vitamin D causes your body to take calcium from bones or teeth, thus causing weak and brittle bones and increasing dental issues. As vitamin K2 intake increases, **arteries become more flexible and collagen content increases in the bones**, which is necessary for bone health. The lower the K2, the higher the bone fracture risk, up to 75% higher than normal.

How much vitamin K2 do you need?

Taking 500 mcg of vitamin K2 daily also reverses arterial plaque, which if left untreated, can harden the arteries because of excess calcium. Studies show that those with high vitamin K2 concentration have a 30% lower possibility of cancer; this is because vitamin K2 inhibits cancer cell growth. Also, our ADK10 contains 500 mcg K2.



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Narrow Mouth Arches & Tooth Decay

In 1930, Dr. Weston Price traveled the world investigating how western diets affect the oral arch development. He found that narrow mouth arches occurred with vitamin K2 deficiency, therefore causing narrow faces and more tooth decay. **Those with sufficient vitamin K2 had full faces and little to no cavities or decay.**



Benefits of Vitamin K2

Vitamin K2 is also found in high concentrations in the pancreas and brain.

Adequate levels of vitamin K2

help decrease:

- Blood sugar
- Diabetes
- Dementia

It also:

- Increases sperm counts in men
- Protects the gums, teeth, saliva, and mouth
- Strengthens the myelin sheaths that protect nerves
- Decreases the risk of varicose veins, skin wrinkles, and rheumatoid arthritis



In Summary

- Vitamin K2 works in conjunction with vitamin D to maintain adequate calcium levels in the blood and organs.
- Vitamin D helps absorb calcium from the stomach into the blood system.
- Vitamin K2 helps carry the calcium into the bones and teeth.
- Vitamin K2 removes calcium buildup in soft tissues and places it into the hard tissues of bone and teeth.
- Take ADK10 Daily

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