

# 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 K<sub>1</sub>, phylloquinone, is the most common form and is found in plants and green vegetables. The vitamin K<sub>2</sub> 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 K<sub>1</sub> and vitamin K<sub>2</sub> (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 K<sub>1</sub>, K<sub>2</sub> 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 K<sub>1</sub> and K<sub>2</sub> 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 K<sub>1</sub> and vitamin K<sub>2</sub> (menaquinone-4) are synthetic. Vitamin K<sub>2</sub> (MK-7) is naturally derived from flower extracts geraniol and farnesol. Vitamin D<sub>3</sub> is derived from lanolin. Hypo-allergenic plant fiber is derived from pine cellulose.

## 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 vegetarian capsule contains  v 2

vitamin D (as cholecalciferol) (D <sub>3</sub> ) .....	1,000 iu
vitamin K .....	1,545 mcg
from:	
vitamin K <sub>1</sub> .....	500 mcg
vitamin K <sub>2</sub> (menaquinone-4) .....	1,000 mcg
vitamin K <sub>2</sub> (menaquinone-7) .....	45 mcg

other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

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

**1–2 capsules daily, in divided doses, with meals.**