

## Super D3 + K2 - Vitamnie K2 - 90 caps

LE3718079

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### Vitamins D and K: For Strong Bones

## Description

### Dosage

1 capsule per day with a glass of water with the evening meal.

### Recommendations

It is advised not to exceed the recommended daily dose. A food supplement is not a substitute for a varied and balanced diet and a healthy lifestyle. A food supplement is not a medicine. Do not take if you are taking AVK (anti-coagulant medication) at the same time. Keep out of the reach of children. Inform your doctor and/or pharmacist if you are taking medication at the same time. For pregnant or breastfeeding women, ask your therapist for advice. Keep away from light and moisture.

### For Optimal Bone Health

Are you looking for a natural and effective way to strengthen your bone structure? Our Super D3+K2 is the dietary supplement you need. This formula combines two essential vitamins: vitamin D3 (cholecalciferol) and vitamin K2 (menaquinone 7). Together, they play a role in maintaining your bone density and the proper distribution of calcium in your body.[1]

Calcium is the main constituent of our bones, but without these key vitamins, it cannot be effectively utilized by our body. Insufficient intake can lead to a decrease in bone density, increasing the risk of fractures. That's why we designed Super D3+K2, to meet the needs for vitamins D and K, which are often lacking in our daily diet, unlike calcium which is found in greater amounts in our food. These vitamins are essential to ensure the transfer and optimal use of calcium, a vital mineral for strong bones.

### Improve Your Bone Health with Super D3+K2

- Maximum Bioavailability

Our Super D3+K2 is formulated to provide excellent bioavailability. Vitamin D3, in the form of cholecalciferol, is the most active and easily absorbed form of vitamin D.[4] It is important for the absorption of calcium in the intestine, to maintain bone density. Vitamin K2, in its most bioavailable form, Menaquinone 7 (MK-7), is selected for its ability to remain active longer in the body, allowing for continuous distribution of calcium to the bones.[5] This combination of D3 and K2 is ideal, not only to increase calcium levels but also to direct this calcium where it is needed, i.e., in the bones and not in other tissues causing peripheral calcifications.

- Superior Purity and Quality

The purity of our ingredients is crucial to minimize the risk of adverse reactions. Our Super D3+K2 uses pullulan for the capsule coating, a natural and non-allergenic choice, which ensures a quick and contaminant-free release of the active ingredients in the digestive system. Rice starch, used as an excipient, is another element that demonstrates our commitment to the quality and naturalness of our products. It is a natural and hypoallergenic ingredient that supports the integrity of the formulation without resorting to fillers or chemical additives.

## Composition

## Nutritional information

NUTRITIONAL INFORMATION	1 CAPSULE	AR%*
Vitamin D (cholecalciferol)	50?g = 2000UI	1000
Vitamin K (menaquinone)	135?g	180

\* Reference intake authorised by the Higher Health Council in agreement with EFSA.

## Composition

Vitamin K2 2000ppm (Menaquinone 7), vitamin D3 (cholecalciferol); filling agent: rice starch; capsule shell: 100% vegetable pullulan.

**Form:** Vegetarian capsule

**Free from:** Casein, Gluten, Lactose, Preservatives, Synthetic dyes, Synthetic flavors

**Raw Material:** Vitamin D, Vitamin K2