

# Vitamin D-A-K

## Food-Grown Vitamins D, K1, K2, and A

- Supports healthy bone mineralization and density\*
- Promotes healthy immune response\*
- Enhances cellular function\*
- Provides antioxidant activity\*

Vitamin D-A-K is a synergistic blend of highly bioavailable, food-based sources of vitamins D, A and K. Vitamin D, vitamin K and the carotenoid complex are known for their beneficial pleiotropic influence especially in relation to healthy immune response, cell-cycle functions, and skeletal health. These three vitamins also promote a healthy inflammatory response and provide antioxidant activity. Vitamins D and K are found to work synergistically to enhance skeletal health. Regular intake of carotenoids and maintaining optimal serum vitamin D levels correlates with multiple health-protective influences.\*



## Supplement Facts

Serving Size: 1 capsule  
Servings Per Container: 60

|                                                                     | Amount Per Serving    | %Daily Value |
|---------------------------------------------------------------------|-----------------------|--------------|
| Vitamin A (as Beta Carotene, from <i>Daucus sativus</i> )           | 300 mcg RAE (1000 IU) | 7%           |
| Vitamin D3 (Cholecalciferol, from <i>Saccharomyces cerevisiae</i> ) | 125 mcg (5000 IU)     | 625%         |
| Vitamin K1 (as Phytonadione, from <i>Medicago sativa</i> )          | 550 mcg               | 458%         |
| Vitamin K2 (as Menaquinone-4, from <i>Medicago sativa</i> )         | 50 mcg                | *            |

\* Daily Value Not Established.

Other Ingredients: Microcrystalline Cellulose, Hydroxypropyl Methylcellulose, Silicon Dioxide, Magnesium Stearate.

DOES NOT CONTAIN: Wheat, soy, milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, sesame.

Available in 60 capsules

SUGGESTED USE: 1 capsule daily or as directed by your healthcare practitioner

## FEATURING

### Vitamin D3 (Naturized®)

While Vitamin D is most well-known for its role in calcium homeostasis and skeletal health, burgeoning research over the last 15 years finds it exerts a far wider influence with a diverse, complex role in human health. Vitamin D plays a regulatory role in kidney, heart, and immune system function and is found to promote healthy inflammatory response and cellular health. It is also found to be essential for physiological homeostasis through its regulation and modulation of hormone secretion, cell proliferation, and cell differentiation.

The biologically active form of vitamin D binds to cell receptors of the immune, nervous, and cardiovascular systems where it plays a key role in cell cycle regulation. As an immune system modulator, vitamin D supports healthy immune function.\*

### Vitamin A

The vitamin A in Natura's Vitamin D-A-K is the natural carotenoid, beta-carotene from *Daucus sativus*. Carotenoids provide a broad spectrum of health benefits. They possess antioxidant activity and are able to quench free radicals. Carotenoids support healthy inflammatory response, modulate immune system function, and encourage healthy cellular behavior. They also promote healthy cardiovascular system function, support bone health, and promote longevity and overall wellness.\*

### Vitamin K1 (Naturized®) and Vitamin K2 (Naturized®)

Vitamin K is a fat-soluble vitamin essential for proteins vital to the process of blood clotting. It was designated "K" as the original German research called it the Koagulationsvitamin. Vitamin K is also a cofactor in bone metabolism, mineralization, and density where it is found synergistic with vitamin D. In addition to bone health, vitamin K is found to support healthy cardiovascular function, healthy inflammatory response, and healthy cellular function. Vitamin K also provides antioxidant activity.\*

\*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.



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Our specialty ingredients are certified by analysis for purity and potency, and this product is manufactured under current Good Manufacturing Practices (cGMP).



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