

Vitamins D3 and K2 for *Healthy Bones and a Healthy Heart*

Vitamin D3

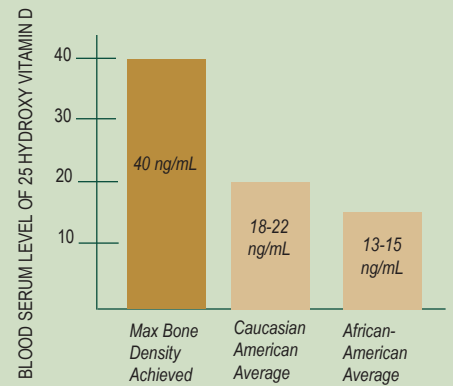
Vitamin D deficiency can lead to several diseases such as:

- Osteoporosis
- High blood pressure
- Peripheral artery disease
- Osteo and rheumatoid arthritis
- Impaired fetal development
- Cancers of the breast, colon and prostate
- Cardiovascular disease
- Immune system abnormalities
- Cognitive impairment and memory loss
- Interfere with appetite suppressing hormones resulting in weight gain

Vitamin K2

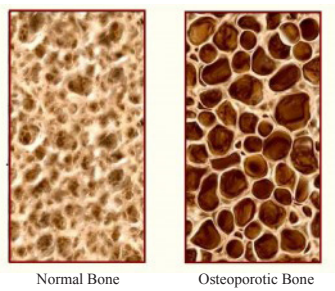
- For many years vitamin K was exclusively related to blood coagulation. However research has now linked vitamin K2 to bone and cardiovascular health due to the essential role they play in proper calcium utilization.
- Vitamins D3 and K2 operate in synergy to optimize bone mineralization and prevent calcium deposits in vascular tissue. Low vitamin D is linked to bone loss and arterial disease while vitamin K stimulates bone formation and protects against arterial calcification.
- Without adequate blood levels of vitamins D and K blood vessel cells can transform into bone forming cells linking atherosclerosis to osteoporosis.
- **Today experts don't recommend calcium supplementation without supplemental vitamins D and K.**

3 out of every 4 Americans are deficient in vitamin D, up from 1 out of 2 twenty years ago!

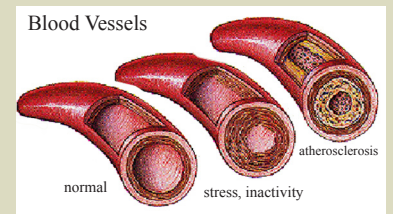


The Calcium Paradox

Osteoporosis sufferers who have weak bones due to lack of bone calcification are also more likely to exhibit hardening of the arteries due to calcium buildup in the arteries



While those with hardened arteries from calcification are more likely to have weaker, more brittle bones and increased risk of fracture due to lack of calcification of the bones



Dyna D3 w/K2
Provides 5,000 IU of D3 and 50 mcg of K2 per serving



Dyna D3
Provides 5,000 IU of D3 per serving

HS HealthSource®

By  **Nutura™**

Vitamin D3

Sufficient serum vitamin D levels are necessary for the inhibition of vascular calcification. Vitamin D blocks the release of inflammatory cytokines and adhesion molecules in the arteries preventing misdirected calcium from adhering to and thickening smooth muscle cells in vessel walls.

Vitamin D directs calcium to bone tissue playing a major role in increasing bone density and prevention of osteoporosis.

Research suggests that 4,000-8,000 IU daily are needed by adults to maintain healthy blood levels of vitamin D.



Supplement Facts

Serving Size: 2 Capsules
Servings Per Container: 50

| Amount Per Serving | % DV |
|--------------------------------|-----------------|
| Vitamin D (as cholecalciferol) | 5,000 IU 1,250% |

Other ingredients: Rice bran, microcrystalline cellulose and vegetable capsule (cellulose and water)

SOURCES OF VITAMIN D:

- **Vitamin D3 is over 3 times more effective and longer lasting than D2!**
- The two main sources of vitamin D are sun exposure and supplements.
- Lifestyle factors that include few outdoor activities, and the use of sunscreens coupled with the dangers of UV exposure make taking **vitamin D supplements the preferred method for achieving optimal blood levels of vitamin D.**



Vitamin K2

Vitamin K activates the GLA proteins Osteocalcin that is involved in building a healthy bone matrix and Matrix GLA Protein, which keeps calcium from becoming misdirected and accumulating in the artery walls.

A large study in the Netherlands of more than 4,800 subjects over 7-10 year period demonstrated that people with the highest one third vitamin K intake had:

- 57% reduction in risk of dying from cardiovascular disease
- 52% reduction of the risk of having severe aortic calcification
- 20% reduction of the risk of coronary artery calcification

Recent research shows that K2 is the form of vitamin K that is used by the body for bone and cardiovascular health.

The natural K2 menaquinone-7 form used in DynaD3 w/K2 is the most bioavailable longest lasting and bioactive form of vitamin K supplements. Plus it is safe and effective at just 50 mcg's per day.

Patients receiving oral anti-coagulant therapy should not take Vitamin K supplements without first consulting their physician. For those patients we recommend Dyna D3.

Supplement Facts

Serving Size: 2 Capsules
Servings Per Container: 30

| Amount Per Serving | % DV |
|----------------------------------------------------|-----------------|
| Vitamin D (as cholecalciferol) | 5,000 IU 1,250% |
| Vitamin K2 (menaquinone-7) (contains milk and soy) | 50 mcg 63% |

Other ingredients: Rice bran, microcrystalline cellulose and vegetable capsule (cellulose and water)



HS HealthSource®

By  **Nutra™**

Distributed by Dynatronics Corporation
www.NuturaProducts.com • Toll-Free: (800) 874-6251

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent disease. © Copyright Dynatronics Corp. ALL RIGHTS RESERVED MKT-542HS