

Low-Dose Vitamin K2

45 mcg, 90 softgels

Item Catalog Number: 01225

Vitamin K2 (menaquinones) is found in meat, eggs, and dairy products and is also made by bacteria in the human gut, which provides a certain amount of the human vitamin K requirement.¹⁶ Human studies show that vitamin K2 is up to ten times more bioavailable than is K1. Vitamin K2 remains biologically active in the body far longer than K1. For instance, K1 is rapidly cleared by the liver within eight hours, whereas measurable levels of K2 have been detected 72 hours after ingestion.¹⁷

The Rotterdam Heart Study, a large-scale, well-controlled clinical trial that tracked 4,800 participants for seven years, revealed that participants who ingested the greatest quantities of vitamin K2 in their diet experienced a better cardiovascular condition than people who ingested the least.¹⁸ High intakes of vitamin K2 also corresponded to less calcium deposition in the aorta, whereas participants who ingested less K2 were more likely to show moderate or severe calcification. Animal studies suggest vitamin K intake not only blocks the progress of further calcium accumulation but also induces 37% regression of preformed arterial calcification.^{19,20}

Low-Dose Vitamin K2 contains the menaquinone-7 form of vitamin K2, which is not metabolized quickly by the liver, thereby making it available to provide a more consistent supply of vitamin K to the body.

References

Supplement Facts

Serving Size 1 softgel

Servings Per Container 90

Amount Per Serving

Vitamin K2 (as menaquinone-7)

45 mcg

Other ingredients: gelatin, medium chain triglycerides, glycerin, water, beeswax, carob.

Contains tree nuts. This product contains NO milk, egg, fish, peanuts, crustacean shellfish (lobster, crab, shrimp), soybeans, wheat, yeast, gluten, corn, or rice. Contains NO sugar and no artificial sweeteners, flavors, colors, or preservatives.

Dosage and Use

- Take one softgel daily with a meal, or as recommended by a healthcare practitioner.
- Do not take with fiber supplements.

Caution

Warning to Coumadin® (warfarin) Drug Users

Patients prescribed vitamin K-antagonist anti-coagulant prescription drugs like warfarin should consult their physician before taking vitamin K supplements like Super K and Super Booster. There is evidence, however, that users of drugs like warfarin could benefit from a consistent low dose of supplemental vitamin K. Ask your doctor if you can take a low dose (45 mcg a day) of vitamin K2 in the long-acting MK-7 form for the purpose of stabilizing your INR levels and also protecting your body against long-term vitamin K deficit. Do not initiate any form of vitamin K supplementation without full cooperation of your treating doctor, as your doctor may need to increase your dose of warfarin to compensate for the vitamin K you supplement with. Life Extension provides several forms of low-dose vitamin K for physician consideration.

Warnings

- Keep out of reach of children.
- Do not exceed recommended dose.
- Do not purchase if outer seal is broken or damaged.
- If you have a bad reaction to product discontinue use immediately.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

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