



FRANKLY SPEAKING



Total Life Chiropractic - ... educating, adjusting and inspiring

Why Vitamin K2 with my Vitamin D?

It's not cold and flu season approaching ... Its low vitamin D season.



Most people don't get enough sun exposure to begin with, however from September to May the amount of sun exposure that we experience is significantly less and therefore our need for vitamin D is significantly more.

While most of us all know how important vitamin D is, many of us do not know how important is to take your vitamin D with vitamin K2.

Vitamin K1 (phylloquinone) is found in green leafy plants and is best known for the role it plays in blood clotting. Vitamin K2 (menaquinones) comes in several forms, the most common of which are MK-4, found in animal foods, and MK-7, found in fermented foods.

Vitamin K2 plays important roles in bone and cardiovascular health

Research has found that people with the highest intakes of vitamin K2 had a 14% lower risk of atherosclerosis-related heart disease. Those with high vitamin K2 intake also had a 34% lower risk of peripheral artery disease.

One of the primary ways in which vitamin K2 protects your cardiovascular health is by activating a protein (MGP), which is a potent inhibitor of arterial calcification. **Statin drugs** can deplete your body of vitamin K2 and may contribute not only to age-related frailty but also insulin resistance, because MK-4 synthesis requires the same enzymes that synthesize cholesterol.

Vitamin K2 can also have a direct blood pressure lowering effect in some individuals. Low vitamin K status also raises the risk of frailty, impaired mobility and disability in elderly individuals.

This is why the vitamin D we provide is **K force**, which provides you with the optimal amount of vitamin K2.