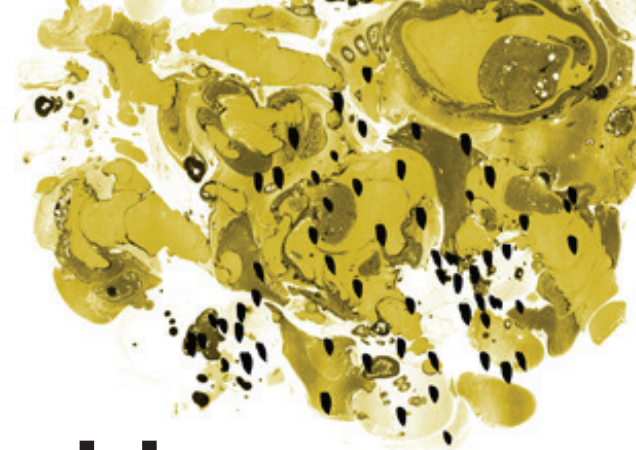


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# Vitamin D + K2 Liquid

**Supports healthy bones and muscles, as well as the cardiovascular and immune systems.**

Vitamin D + K2 Liquid is a convenient way to supplement with both vitamins D and K2, which offer greater support for bones and the immune and cardiovascular systems together than either does individually.

Both vitamin D and vitamin K2 support bone and muscle health, along with cardiovascular health and immune function. It is important to maintain an optimal level of vitamin D in the body through all stages of life, from fetal development to old age. Vitamin K2, a series of molecules known as menaquinones, exerts a more powerful influence on bone than does vitamin K1. The vitamin K2 in this formula is the well-studied MK-4. Combining vitamins D and K can provide greater support of the immune and cardiovascular systems than each offers separately. For example, vitamin D is necessary for calcium absorption, and vitamin K is important for directing calcium to the bones and away from the soft tissues, such as blood vessels and kidneys. Thorne's Vitamin D + K2 Liquid also provides nutritional support for oncology patients.

One study in postmenopausal women found a combination of minerals along with vitamins D and K maintained healthy artery elasticity, compared to two other groups of women who received either minerals with vitamin D but not vitamin K, or placebo. Thorne's Vitamin D + K2 Liquid is in medium chain triglyceride oil, preserved with mixed tocopherols.



### Suggested Use

2 drops 1–3 times daily. Invert bottle to dispense individual drops. May be added to food or mixed in beverages.

### Allergy Warning

This product is contraindicated in an individual with a history of hypersensitivity to any of its ingredients.

### Pregnancy Warning

If pregnant, consult your health professional before using this product.

### Interactions

As vitamin K interferes with the effect of anticoagulant drugs (like Coumadin), the concurrent use of these agents should be avoided.

### SUPPLEMENT FACTS

Serving Size: Two Drops  
Servings Per Container: 600

Two Drops Contain:		%DV
Vitamin D (as Vitamin D3) (1,000 IU)	25 mcg	125%
Vitamin K (as Vitamin K2 (Menatetrenone))†	200 mcg	167%

Daily Value (DV)

Other Ingredients: Medium Chain Triglyceride Oil, Mixed Tocopherols.

†MK4

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