



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

Take 2 drops one to three times daily or as recommended by your health professional. 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