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Amtsgericht Dresden
USt-ID-Nr.: DE352285297

Overview

Vitamin K2 180 mcg, 60 capsules

Product number: VS2474



Price

Quantity	Unit price	Base price
To 1	€29.95	€855.71 / 1 Kilogramm
To 2	€28.40	€811.43 / 1 Kilogramm
From 3	€26.90	€768.57 / 1 Kilogramm

Prices incl. VAT plus shipping costs

Description

MK-7, the superior Vitamin K2

This product contains 90 µg Vitamin K2 in the form of menaquinone-7 (MK-7). Vitamin K2, also called menaquinone (abbreviated MK), occurs in various forms, the best known of which are MK-4, MK-7, MK-8 and MK-9. The number after “MK” refers to the length of the side chain in the molecule. According to current scientific knowledge, menaquinone-7 (MK-7) is the most effective form of Vitamin K2. MK-7 is very well absorbed and remains active in the body for a long time due to its long half-life. For this reason, MK-7 can be administered in relatively low doses to

achieve an optimal effect.

K2Vital®Delta from Kappa Bioscience

Vitamin K2 is known for its high instability. In combination with minerals or certain excipients, the Vitamin K2 content in a product can quickly decrease. This is of course highly undesirable, as a dietary supplement should be stable throughout its shelf life. The Norwegian manufacturer Kappa Bioscience has developed a Vitamin K2 raw material that is very well protected against external influences. Using a patented microencapsulation process, the K2 is completely encapsulated, which guarantees its stability even in products with aggressive mineral compounds. Vitals selected K2Vital®Delta as the best vitamin K2 raw material after extensive stability testing with various K2 raw materials in different formulations.

Trans form versus cis form

MK-7 occurs in two forms (isomers), the natural trans form and the synthetic cis form. The body can only use the natural trans form, as it also occurs in food. The trans form is therefore regarded by scientists as the only biologically active form of MK-7. The cis form, on the other hand, does not occur in nature and is not effective. It could, under certain circumstances, even unnecessarily burden the body. This product from Vitals contains the natural trans form to more than 99.7%.

Sources of Vitamin K2

MK-7 is produced by certain bacteria during fermentation and occurs naturally in nattō, a Japanese dish made from fermented soy. Nattō has a strong, characteristic flavour and is therefore not very popular in Western cuisine. Other menaquinones, such as MK-8 and MK-9, occur in smaller amounts, particularly in cottage cheese and hard cheeses.

The function of Vitamin K

The best-known function of Vitamin K in the body is its contribution to normal blood clotting. Vitamin K activates certain vitamin K-dependent blood clotting factors that ensure optimal clotting, i.e. neither too strong nor too weak. But it also contributes to the uptake of calcium into the bones. Vitamin K acts as a coenzyme for the carboxylation (activation) of certain Gla proteins, whereby glutamic acid (Glu) is converted into γ-carboxyglutamic acid (Gla). Carboxylation is essential for the majority of the functions of these proteins. Examples of important Gla proteins are osteocalcin[1] and matrix Gla protein (MGP)[2]. A common feature of these carboxylated, vitamin K-dependent Gla proteins is that they bind calcium.

[1]Osteocalcin (also known as the “bone Gla protein”) is a vitamin K-dependent protein formed in bone and dental tissue and regulates their mineralisation.
[2]Matrix Gla protein: a vitamin K-dependent protein produced in most soft tissues such as blood vessels, cartilage, kidneys, lungs and spleen, as well as in bone tissue. MGP has (like osteocalcin and other Gla proteins) a calcium-binding property.

Nutritional properties

- Vitamin K contributes to normal blood clotting.
- Vitamin K contributes to the maintenance of normal bones.

Nutritional information

Micronutrients	per daily serving 1 capsule
Vitamin K	180 µg (240 %*)

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*Reference value according to Regulation (EU) No. 1169/2011

Ingredients

Rice flour (Oryza sativa), vegetable capsule (pullulan, from fermented cassava starch), Vitamin K2.

Recommended intake

Take 1–2 capsules daily with meals.

Storage instructions

Store in a cool, dry place protected from light (do not refrigerate).

Legal notice

The recommended daily intake should not be exceeded. Food supplements are not a substitute for a balanced and varied diet and a healthy lifestyle. Keep out of reach of young children.

Product information

Application:	Bones & Joints
Dosage form:	In vegan capsules.
Micronutrients:	Vitamin K
Quality:	Free from magnesium stearate, Gluten-free, Lactose-free, Vegan
Product type:	Dietary supplements