

# Vitamin A, D3 & K2 Capsules

*Supporting bone health and cardiovascular function*



## DESCRIPTION

The synergistic combination found in Vitamin A, D3 & K2 Capsules helps to support bone structure, density, and integrity, proper bone remodeling, calcium utilization, and cardiovascular function.

## FUNCTIONS

Vitamin A is a fat-soluble vitamin with multiple functions in the body. It is required for normal development, growth and maintenance of the skeleton throughout life. Vitamin A supports the number and activity of osteoclast cells which break down bone tissue, in a process called bone remodeling. Bone remodeling is a natural way the body removes old or weakened bone tissue in order to make room for new, stronger tissue. This process is critical to fracture repair and retaining bone density.

Vitamin D3 (cholecalciferol) is a fat-soluble vitamin that is essential for maintaining normal calcium metabolism. It supports calcium absorption in the gut and helps maintain adequate serum calcium and phosphate concentrations to enable normal mineralization of bone. Vitamin D3 is also needed for proper bone growth and bone remodeling by osteoblasts and osteoclasts. Without sufficient Vitamin D, bones can become thin, brittle, or misshapen. Research shows that K2 partners with Vitamin D3 to inhibit the production of osteoclasts cells in order to help bone-building osteoblasts catch up to maintain a healthy balance. Vitamin D3 also supports cardiovascular function and blood pressure within normal ranges.

Vitamin K2, known as menaquinone (MK-7), is the form that has been shown to support normal bone formation. It is responsible for the carboxylation of specific bone proteins that play a regulatory role in bone metabolism. When Vitamin K2 is deficient or not well used in our bodies, bone structure and function can be compromised. Vitamin K2 not only supports the deposition of calcium into bone, it also has a regulatory effect on Vitamins A and D with regard to osteoclast and osteoblast activity. The benefit of Vitamin K2 versus K1 is that Vitamin K2 works primarily outside of the liver in bones and blood vessels. In the blood vessels, Vitamin K2 helps to maintain arterial elasticity.

## INDICATIONS

Vitamin A, D3 & K2 would be a useful dietary supplement for those individuals who wish to support and restore bone structure, bone density, and bone integrity.

## FORMULA (WW #10341)

### 1 Capsule Contains:

Vitamin A (as Retinyl Palmitate) ..... 5,000 IU  
Vitamin D3 (as Cholecalciferol) ..... 5,000 IU  
Vitamin K2 (as MK-7) ..... 500 mcg  
Other ingredients: microcrystalline cellulose, vegetable cellulose (capsule), vegetarian leucine.

## SUGGESTED USE

As a dietary supplement, adults take 1 capsule daily, or as directed by a healthcare professional.

## WARNING

Do not take this product if pregnant or nursing. If you have a blood-clotting disorder or are taking anticoagulant/anti-platelet drugs such as warfarin, do not take this product without consulting a healthcare practitioner.

## CAUTION

Individuals taking more than 2,000 IU of Vitamin D per day should have their vitamin D levels monitored. This product is not intended for long term use and should be used under the supervision of a healthcare professional.

Manufactured For:

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These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.