



Feel Better Lounge
RVA

Vitamin DK Forte

- ◆ This D₃K₇ Vitamin complex is emulsified-- prepared with maximal absorption in mind
- ◆ Vitamin D₃ is essential for optimal bone health and immune system functioning; K₇ prevents calcium deposits from depositing in arterial walls.

Why are Vitamins D and K Important?

Vitamin D is a fat-soluble micronutrient found both in plant and animal sources, and also made in the skin when exposed to the sun. Since many people do not expose enough of their skin to the sun on a daily basis to produce the necessary amount of D for optimal functioning, and since even the foods richest in vitamin D like egg yolks, oily fish, liver, and butter don't provide enough, many people are deficient in this important nutrient.



You may be familiar with the role of vitamin D in bone health, especially with regard to aging and osteoporosis. Your physician may have even prescribed vitamin D for you. However, the prescription form is D₂ (ergocalciferol—the plant-sourced form of vitamin D and most commonly used to fortify foods), while readily absorbed into the blood stream is known to be processed differently in the liver. Vitamin D₃ is more effective at raising blood serum levels than D₂.

This means you would have to take more of D₂ than D₃—up to twice as much—to effectively reach the same serum levels of *calcifediol*—the main circulating form of vitamin D that accurately reflects your body's stores.

*Those taking Coumadin/Warfarin and pregnant/lactating women should avoid Vitamin K. Ask about our vitamin D-only supplement.

Of equal concern is the association with D supplementation and possible calcium deposits in the arteries. This is why **Vitamin DK Forte** has been formulated with vitamin K₇. Studies have shown that vitamin K will prevent this undesirable outcome and simultaneous support cardiovascular health along with bone health and immunity.

Our preparation of vitamins D and K are emulsified to assure proper absorption and assimilation.

Who Needs Vitamin DK Forte?

Not everyone has had their serum D levels checked by a lab, however if you do not spend more than 15 minutes in direct sunlight a day (with no sunscreen) or already supplement with vitamin D₃, chances are you are deficient in this vitamin. It is estimated that 50% of the world's population is deficient. Severe signs of deficiency may take years to manifest, but include:

- Rickets (a rare bone disease)
- Bone loss (osteopenia/osteoporosis)
- Reduced mineral density
- Falls and fractures in older adults

Deficiency has also been linked to diabetes, heart disease, cancer, dementia, autoimmune disorders, depression, seasonal affective disorder (SAD), and reduced life expectancy. Deficiency is defined as levels below 30. However optimal levels are considered to be between 70 and 100.

Low vitamin D levels are linked to respiratory infections. This is because vitamin D acts directly on T & B cells responsible for the immune response. Inadequate circulating levels will dampen this response.

Ingredients:

125 mcg D₃ (5,000 IU)
550 mcg K (10:1 ratio of K₂ to K₁)
20 mcg Superoxide Dismutase (plant antioxidant)
20 mcg Catalase (plant antioxidant)

Dosing: 1 capsule a daily with food.

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