



The Healing Sanctuary
an affiliate of Mountain View Hospital

S U P P L E M E N T S

K + Vitamin D 5,000

Indicated for Daily Support

Vitamins D3 and K are essential to the body especially when it comes to supporting strong, healthy bones, but both are often lacking from traditional American diets. Among its many uses, Vitamin D and Vitamin K are important for helping the mineralization of normal bone.

Suggested Use

Take 1 capsule daily or as directed by a qualified health professional.

Quantity: 100 Capsules.

Other Ingredients

Calcium Carbonate, Magnesium Stearate & Gelatin Capsule.

Caution:

The Institute of Medicine has Identified a safe upper limit as 2000 IU daily in normal adults. Larger doses should be used under the supervision of a health care professional. Vitamin K should be used with medical supervision when taking anti-coagulation drugs like warfarin.



Vitamin K Complex 550 ug

Vitamin K2 works by affecting the protein osteocalcin, which **helps strengthen bones**. We also know Vitamin K2 activates the protein MGP (a potent modulator of arterial calcification). *If Vitamin K2 levels are deficient, then the MGP protein cannot prevent arteries from becoming stiff with calcium deposits.*

K2 keeps bones stronger and keeps hearts, brains, and other organs from excess calcium build up. *Studies show that those who take calcium supplements have an increased risk for coronary heart disease because of low Vitamin K2. We typically advise patients to quit taking calcium supplements, and instead take optimal forms of Vitamin D and K2.*

Over 90% of the Population is Deficient!

Vitamin D 125 ug (5,000 IU)

The body needs Vitamin D to transport calcium in food from the stomach into the blood system. **If Vitamin D is low, then regardless of calcium levels, calcium cannot be absorbed.** *A deficiency of Vitamin D causes your body to take calcium from bones or teeth, thus causing weak and brittle bones and increasing dental issues. As Vitamin K2 intake increases, arteries become more flexible and collagen content increases in the bones, which is necessary for bone health. The lower the K2, the higher the bone fracture risk, up to 75% higher than normal.*

The ingredients in this product are supplied by the well-respected USA and/or European vendors, and they are HPLA analyzed for purity and quality. These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

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