

# Vitamin D3 & K2 Liposomal

## What do I use it for?

- Supporting bone health and function
- Muscle health and strength support
- Supporting joint health and mobility
- Supporting people who wear sunscreen, which may affect absorption of Vitamin D

## What makes it special?

This liposomal formula contains the forms of Vitamin D3 and K2 most usable to the body. These forms have been scientifically shown to work synergistically together to support bone health than either ingredient alone. Vitamin D is particularly prone to oxidation, so using liposomal technology we can improve its stability and make it more bioavailable.

## How does it work?

Liposomal spheres created from sunflower oil to provide a delivery capsule of phospholipid, the same substance as our cells. These are filled with our Vitamins D3 and K2 and their small size allows them to pass easily through the digestive system for immediate cellular support.



## Active Ingredients

 Each serve of 0.5ml contains:

| Ingredients                   | Strength      | Units    |
|-------------------------------|---------------|----------|
| Vitamin D3 (cholecalciferol)  | 500           | IU       |
|                               | equivalent to | 12.5 mcg |
| Vitamin K2 (menaquinone MK-7) | 45            | mcg      |

**Also contains:** Purified water, glycerin, structured sunflower seed lecithin (providing essential phospholipids including phosphatidylcholine), natural fruit flavours, acacia gum, xanthan gum, potassium sorbate.

**No Added:** Gluten, dairy, sugar, artificial colours, sweeteners and flavours.

**Directions** See over →

# Vitamin D3 & K2 Liposomal

## Directions

One serve = 0.5ml (10 drops)

**Adults:** 1 to 2 times daily

**Children over 4 years:** Once daily

Best taken 15 minutes away from food. You can dilute to taste with a small amount of water or juice

## Precautions and Contraindications

- Not to be taken if on blood thinning therapy, without medical advice. Vitamin K antagonizes the effects of oral anticoagulant medications and can reduce the blood thinning effects of these medications. Monitor INR levels particularly during the first two weeks of supplementation, then periodically.

## Warning

- Not to be taken if on blood thinning therapy, without medical advice.

## Pregnancy and Breastfeeding

- Suitable for pregnant and breastfeeding women.

## Side Effects

- Considered well tolerated.

## Drug Interaction

- Blood thinning medications.

Available in

