

Vitamins D3 1000iu and K2 90µg

(as cholecalciferol, D3 and natural menaquinone, MK-7)

Presentation

A black soft capsule.

Each capsule delivers:

Vitamin D3 1000iu (25µg)
Vitamin K2 90µg

Encapsulated with:

Capsule Shell (Modified Corn Starch, Glycerol, Gelling Agent: Carrageenan, Colour: Iron Oxide, Sodium Carbonate), Sunflower Seed Oil, (Antioxidants: alpha Tocopherol Acetate & Rosemary Extract), Antioxidant: dl alpha Tocopherol).

Disintegration time: Less than 30 minutes.

Suitable for vegetarians 

quantity

60

type

capsules

code

8144



Uses

New studies are looking at the synergistic effects of vitamin K (specifically, vitamin K2) and vitamin D in the area of both cardiovascular health and bone strength.

There are many studies that add weight to the argument that we should all watch our intake of both of these vitamins. As many as 60 percent of the UK population is vitamin D deficient and low levels have been linked to serious health problems in later life. Similarly, many experts now believe that a sub-clinical vitamin K deficiency, that is, one that is not great enough to hinder blood clotting capacity, could be wide-spread and could contribute to osteoporosis, and other age-related diseases.

Lamberts® Vitamins D3 and K2 provides a full 1000iu (25µg) of natural vitamin D3 (cholecalciferol) as well as an impressive 90µg of vitamin K2 in the form of Menaquinone (MK-7). Small easy to swallow capsules that are suitable for vegetarians.

Usage and administration

1 to 2 capsules daily.

Allergen advice

None (see page 194).

Cautions

This product is not recommended for pregnant or lactating women. Those on anti-coagulant medication (blood thinners), that wish to take levels of 100µg of Vitamin K or more, should consult with their doctor first.

Storage instructions

To be stored in a cool, dry place and protected from light.

Legal category

Food supplement.

