



Paul Kramer  
Senior Vice President



From the desk of

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## K2plus Q&A

### What is K2plus?

K2plus is a food supplement containing Hawthorn extract, Folic acid, Vitamin K2, Vitamins B6 and B12. **The combination of Vitamin K2 (MK7), Hawthorn Extract and Vitamins B6, B12 and Folic Acid is a unique formulation that has been studied by scientists and health experts globally.**

### What is VitaMK7?

Known as the highest quality, most active form of Vitamin K2, VitaMK7 is pure Menaquinone-7 (MK7). VitaMK7 is the only brand of Vitamin K2 that is:

- **Natural:** a patented biofermentation process from the Japanese food "natto" (fermented soybeans) that is a 100% chemical free process
- **Pure:** VitaMK7 contains >99% pure Menaquinone-7 (MK7), the most active form of vitamin K2. This ensures maximum absorption in the body
- **Stable:** because it is so pure, Vita MK7 is highly stable for over 4 years at room temperature
- **Reliable:** Vitamin K2 is the only K2 made in Europe that is both natural and readily available due to a state of the art manufacturing facility in Italy
- **For All Life Stages:** From childhood & adolescents right up to the elderly, Vitamin K2 as MK7 is a safe and effective nutrient to add to your diet

### Does Vitamin K2 (MK7) have a role in bone strength and health?

Yes! Numerous studies have shown that Vitamin K2 (MK7) builds bone strength by removing calcium from the blood and depositing it in the bones. This also accounts for its heart health abilities as it reduces calcium build up in the arteries.

### What is the daily dosage used in the research studies involving Vitamin K2?

Most of the studies done on heart health and bone health have used a daily dosage of 180 mcg per day of vitamin K2 (MK7).

### What is the role of Hawthorn Extract in the formula?

Hawthorn has an extensive history of use in cardiovascular health. Very high in polyphenols, hawthorn acts a strong antioxidant and anti-inflammatory with many additional benefits to the body.

### When is the best time to take K2plus?

**K2plus can be taken anytime of the day**, however it is best to take K2plus with food to ensure maximum absorption.

### How does vitamin K2 (MK7) help the cardiovascular system and proper blood flow?

The job of the arteries is to take blood from the heart and circulate it through the body. Vitamin K2 (MK7) supports healthy and pliable (soft, flexible) arteries and help ensure that blood flows through the arteries easily and is not "blocked" by calcium and cholesterol build ups.

### What causes blockages in the arteries - also known as "hardening of the arteries"?

These blockages are typically caused by calcium, cholesterol and other substances sticking to a damaged artery wall. Eventually this build up and can lead to a total blockage of an artery which can lead to a heart attack or other life threatening cardio event.

### Can improving blood flow help other areas of the body?

Absolutely! Studies have shown that **improving blood flow can help with overall brain health and memory functions**. Also, people with diabetes benefit greatly by improvements in blood flow to the extremities of the body (feet, hands).

