



**LabNaturals, Inc.**  
Holistic Health Apothecary



FOUNDATIONAL HEALTH

# Vitamin D+K

*Vitamin K1 + Vitamin K2 (as MK-4)*



**Vitamin D+K** provide targeted quantities of vitamin D3 and vitamin K as both vitamins K1 and K2 (as MK-4), along with geranylgeraniol (GG), a compound produced naturally in the body, to help promote optimal bone and heart health, and to maintain proper immune system balance.\*

These synergistic formulas offer two different serving sizes of vitamin D, depending on the clinical need.

**Vitamin D+K** may be ideal when nutrient repletion is required for individuals who do not get adequate sunlight exposure or dietary sources of vitamins D and K.\*

**Vitamin D+K** may be ideal for those looking to maintain optimal vitamin D status in the body.\*

Vitamins D and K are fat-soluble vitamins that have broad influences on human physiology. Vitamin D is a key player in supporting bone health and calcium regulation in the body, and it is also essential for proper immune function. Vitamin K also supports bone and heart health. Vitamin K is critical for directing the transport of dietary calcium into the bones and teeth and away from the arteries. Supplementing vitamin D without adequate vitamin K may increase the chances of calcium being deposited in the arteries and other soft tissues, which may have a negative impact on arterial health.\* Current research suggests that the combined supplementation of both vitamins D and K can be more effective than either vitamin alone for both bone and cardiovascular health.\*

## Benefits\*

- Supports optimal bone health
- Supports cardiovascular health
- Promotes arterial strength and elasticity
- Helps maintain healthy immune system balance
- Optimizes calcium absorption and utilization

## Recommended Use

Take 1 capsule per day with a meal or as directed by your health-care practitioner.

**Warning:** Consult your health-care practitioner before using this product if you are taking Coumadin, warfarin, or other anticoagulant medications.

GG-Gold® is a registered trademark of American River Nutrition, LLC and patent protected, including pending and issued patents (US Patent 7,989,006).

## Highlights

- Vitamin D Synergy™ contains 2,000 IU (50 mcg) of vitamin D3 as a serving option for maintaining optimal vitamin D status\*
- **Vitamin D+K** contains 5,000 IU (125 mcg) of vitamin D3 (cholecalciferol) per serving where higher doses are required for vitamin D deficiency or insufficiency\*
- Both formulas contain 1,000 mcg of vitamin K1 (as phytonadione), 1,000 mcg of vitamin K2 (as MK-4), and 5 mg of GG (as GG-Gold®) per serving to support bone and arterial health\*
- Gluten-free, dairy-free, and soy-free
- Non-GMO

\*Ipsos 2023 survey among 160 U.S. functional medicine practitioners who are aware of Designs for Health and recommend supplements. Among these practitioners, in an average month, Designs for Health is their most recommended practitioner supplement brand, meaning a brand that is sold by health-care practitioners, in their office. (For sample definition, go to [www.designsforhealth.com](http://www.designsforhealth.com))