

# Premier Vitamin D3+K2

Premier Bone and Heart Support



Vitamins D and K are essential fat-soluble vitamins that work together to promote proper calcium metabolism, smooth blood circulation, bone formation, and bone strength. Over 50% of the general population are deficient in Vitamin D, which directly impacts calcium absorption, long-term bone density, mood, immune function, and a healthy inflammatory response.

Without adequate sunlight exposure and dietary intake, supplementation may be required to increase or maintain healthy vitamin D levels. Vitamin K is also vital, promoting the proper metabolism of calcium to the bone from the circulatory system. However, taking vitamin D without vitamin K may contribute to toxic levels of vitamin D, a buildup of calcium in the blood vessels and arteries, and a loss of calcium from bone.

Premier Vitamin D3 + K2 stands out among other brands for its innovative formulation, sustainable ingredients, and consistent quality. Unlike most vitamin D3 supplements, our active D3 is 100% plant derived.

We use Vitashine™, a proprietary extract of the oils naturally present in lichen, which is abundant in Vitamin D3 (cholecalciferol) and fatty acids. Our vitamin K2 is sourced from fermented soybeans, known as natto, which provide the most bioavailable form of vitamin K, known as menaquinone-7 (MK-7).

## Benefits

- Promotes absorption of calcium and phosphorus\*.
- Supports bone strength and formation\*.
- Contributes to healthy circulation and blood clotting.\*

## Highlights

- Clinically relevant dose in one capsule: 5,000 international units of vitamin D3 and 180 micrograms of vitamin K2.
- 100% plant-based formulation, suitable for vegans and vegetarians.
- Features Vitashine™, the world's only Vegan Society and Vegetarian Society registered vitamin D3.
- Gluten-free, purity and potency verified, and heavy metal tested.

## Recommended Use

- Take 1 capsule daily with food for optimal absorption.

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