

# NutriDyn®

## D<sub>3</sub> 10,000 with K<sub>2</sub>

### Featuring MenaQ7® Vitamin K<sub>2</sub>

High-Potency, Bioavailable  
Vitamin D Plus Vitamin K\*

### D<sub>3</sub> 10,000 with K<sub>2</sub> Supplementation

NutriDyn's D<sub>3</sub> 10,000 with K<sub>2</sub> is a highly bioavailable form of vitamin D<sub>3</sub> (as cholecalciferol) and vitamin K<sub>2</sub> (as patented MenaQ7®). Vitamin D<sub>3</sub> and vitamin K<sub>2</sub> are essential micronutrients with ubiquitous roles throughout the body, such as supporting stress levels, bone health, skin health, heart health, and immune function.\*<sup>1</sup>

Supplementing with D<sub>3</sub> 10,000 with K<sub>2</sub> can help ensure you get the necessary amounts of these key micronutrients.\*

Given the importance of adequate vitamin D levels in the body and many people's lack of exposure to direct sunlight, D<sub>3</sub> 10,000 with K<sub>2</sub> supplementation can help users in a variety of ways. The most relevant research-backed benefits derived from consumption of vitamin D<sub>3</sub> and K<sub>2</sub> include:\*<sup>9,10</sup>

- Supports cardiovascular function\*
- Supports healthy mood and stress levels\*
- Supports bone and skin tissues\*
- Supports immune function\*

### How D<sub>3</sub> 10,000 with K<sub>2</sub> Works

Vitamin D<sub>3</sub> is structurally similar to cholesterol and is converted via the liver and kidneys to its active form, calcitriol. It is imperative that oral supplementation of vitamin D comes in the form of D<sub>3</sub>; this is the most bioavailable form of vitamin D in a softgel, maximizing its absorption into the body.\*<sup>2,3</sup>

Calcitriol goes on to perform a multitude of roles in the body and is particularly crucial for proper absorption of the minerals calcium, iron, magnesium, phosphate, and zinc. Calcitriol also supports and promotes bone growth as well as immune, cardiac, and neuromuscular functions.\*

It is crucial to obtain adequate amounts of vitamin D on a daily basis, as deficiency can lead to a host of health issues.\*<sup>4,5</sup> Vitamin K<sub>2</sub> (menaquinone) comes in a variety of forms, with evidence suggesting that the form MK-7 is especially important for people with chronic health issues causing nutrient malabsorption.\*<sup>6</sup> Research also demonstrates that vitamin K<sub>2</sub> is a crucial micronutrient for supporting the cardiovascular system and bone health.\*<sup>7,8</sup>



For more information, visit: [www.nutridyn.com](http://www.nutridyn.com)

# Supplement Facts

Serving Size: 1 Softgel  
Servings Per Container: 60

	Amount Per Serving	%DV*
Vitamin D <sub>3</sub> (as cholecalciferol)	250 mcg (10,000 IU)	1,250%
Vitamin K <sub>1</sub> (as phytonadione)	187 mcg	156%
Vitamin K <sub>2</sub> [as MK-7 <sup>†</sup> (menaquinone-7)]	137 mcg	114%

**Other Ingredients:** Olive oil, gelatin, glycerin, purified water, calcium carbonate, turmeric extract.

**Directions:** Take one softgel daily with food or as directed by your healthcare practitioner. Do not exceed recommended dosage unless directed by your healthcare practitioner.

**Warning:** Use should be short-term and include regular monitoring of 25-(OH)- and 1,25-(OH)<sub>2</sub>-vitamin D levels. This product contains vitamin D at a level that exceeds the adult tolerable upper intake level.

Vitamin K<sub>2</sub> may counteract the effects of anticoagulation therapy and is not recommended for patients on blood-thinning medications.

† as MenaQ7<sup>®</sup> a registered trademark of NattoPharma, Norway; Patented in the United States and Canada. (US Patent Numbers 8,728,553 & 8,354,129; Canada Patent Number 2,347,387).

## References:

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\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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