

# 12 Reasons to Supplement Daily with

**MenaQ7<sup>®</sup>**  
Vitamin K2 as MK-7

## 1. Western populations are 97% Vitamin K2 deficient.<sup>1</sup>

Even those consuming healthy diets!

## 2. Ensures the body properly utilizes calcium

Vitamin K2 as MK-7 activates K-dependent proteins that directs calcium to the bones and away from the arteries.



## 3. Healthy arteries contain 100 times more Vitamin K2 than unhealthy arteries<sup>2</sup>

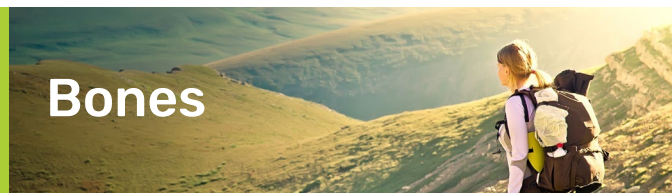
Too much arterial calcium is the No. 1 heart health risk factor.<sup>3</sup>

## 4. Can stop calcium deposits in arteries and blood vessels

Vitamin K2 as MK-7 activates Matrix Gla Protein (MGP), the most potent vascular calcification inhibitor known today.

## 5. Improves blood vessel elasticity

Groundbreaking 3-year study: MenaQ7<sup>®</sup> Vitamin K2 as MK-7 supplementation inhibited age-related arterial stiffening and increased flexibility of the arteries.<sup>4</sup>



## 6. Required for strong healthy bones

Bone cells produce osteocalcin, a protein that binds calcium to bone. Osteocalcin needs Vitamin K2 to activate it.

## 7. Postmenopausal women are high-risk

Lifetime fracture for women due to poor bone metabolism is nearly 1 in 2.<sup>5</sup>

## 8. Proven bone protection

Breakthrough 3-year study: Healthy women taking MenaQ7<sup>®</sup> Vitamin K2 as MK-7 showed clinically significant protection of bone strength and density, including the critical spine and hip measurement.<sup>6</sup>



## 9. Kids have the greatest need for Vitamin K2 for optimal bone development.

Studies have shown that children have up to 8-10 times more inactive osteocalcin than adults.<sup>7</sup>

## 10. Kids don't get enough K2 through diet alone.

Young bones depend on K2 as 90% of peak bone mass is acquired before age 20.

## 11. Kids with low Vitamin K2 status at greater risk for fracture.

Children with bone fractures have 2x lower vitamin K status (expressed by UCR) than healthy controls. An increase of UCR by 0.1 increases the risk of fracture by almost 10 times.<sup>8</sup>



## 12. MenaQ7<sup>®</sup> is Clinically Validated & Patented

MenaQ7<sup>®</sup> is the only Vitamin K2 as MK-7 clinically studied and proven to deliver bone and cardiovascular benefits.

**Accept no substitutes. Look for supplements containing MenaQ7<sup>®</sup>!**

### REFERENCES:

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**NattoPharma<sup>®</sup>**

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