



# Wellness Minute

Health Information You Can Use On Your Path To Wellness

## A Powerful Anti-Aging Combination: Vitamins D & K2



*Easy To Take*

**Capsules Or Drops**

According to newer research, Vitamin K2 is proving to be an essential vitamin for anti-aging. And when you combine vitamin K2 with vitamin D, you have a winning combination. But before we consider how and why they work together, let's put the spotlight on vitamin K2. Vitamin K2 offers benefits in the following conditions: heart disease, osteoporosis, diabetes, cancer, dementia, joint health, skin health, dental health, muscle function, neuropathy, neurodegenerative diseases, mitochondria repair, cardiac function, and aging.

How can one substance have an effect on so many conditions? Because it is an essential vitamin, and according to researchers, we are all sub-clinically deficient in this key

nutrient! Think about it, if there was a nutrient that increases mitochondrial function, cells could produce more energy, helping to regenerate dying cells. If this same nutrient created better profusion, every cell in the body would get more nutrients and a more robust blood supply.

Studies have shown that K2 slows cancer growth, slows the progression of diabetes, and removes calcium from arteries. In fact, as I understand it, most of the benefits of vitamin K come from moving calcium back into bone where it belongs, which improves circulation.

Cosmetically, patients report their hair and finger nails grow faster. As long as we are talking about cosmetics, if deficient in

## Anti-Aging Bio-DK-Mulsion

**“Vitamin D has a powerful influence on wellness, but few people know that vitamin K2 is just as important and can amplify its effects.”**

K2, the tensile strength for collagen and elastin is compromised and that means wrinkles.

Just as vitamin K prevents age related tissue destruction, vitamin D has just as many benefits when blood levels are sufficient. Here's a brief summary of some of the newer data about vitamin D. Mounting evidence suggests that vitamin D deficiency may be linked to cardiovascular disease and cancer. Vitamin D deficiency was found to be common in children with type I diabetes. Vitamin D has an effect on serotonin and melatonin. Alterations in vitamin D levels appear to explain, at least in part, the adverse psychological effects of sunlight deprivation.

This is a transcript from a “video magazine” we send out each week called the Wellness Minute.  
If you're not getting our Wellness Minute videos each week, sign up at the front desk.

Vitamin D is needed for neurological function and immune system function. Several clinical investigations have shown vitamin D deficiency to be particularly common among people with musculoskeletal pain. In patients with osteoarthritis, vitamin D was shown to help control inflammation. Because vitamin D helps control inflammation, researchers suggest vitamin D can be beneficial to patients with systemic inflammatory and autoimmune disorders. Vitamin D supports healthy gene expression, mitochondrial health, and has a positive effect on the microbiome.

Now, let's combine them and see how vitamin D and vitamin K2 work together in regard to bone health and calcium metabolism. Vitamin D3 stimulates the bone building cells to release an inactive form of osteocalcin. Vitamin K2 activates osteocalcin through a process called carboxylation. Through the carboxylation process the positively charged osteocalcin is changed to a negatively charged ion. Now, the negative ion looks for positively charged calcium which attaches it to bone. With sufficient levels of vitamin D, and depleted amounts of vitamin K2, calcium levels rise and are deposited in soft tissue and eventually line the insides of blood vessels. Bone matrix is weakened because the calcium which should go in the bones is deposited in other areas of the body instead. Studies

have shown inactive osteocalcin inversely correlated with bone mineral density. In other words, depleted levels of vitamin K2 can be predictive of hip fracture and a six-fold increase in fracture risk.

With more and more research highlighting the importance of maintaining healthy vitamin D and K2 levels, Biotics Research Corporation now offers a formula that is bioavailable, easy-to-take, and in a clinically useful dose. Bio-DK-Mulsion Caps™ delivers an impressive 125 mcg of vitamin D3, with added 500 mcg of K1, and 50 mcg of K2 as MK-7, in an emulsified easy-to-take capsule form. In addition to emulsified forms of vitamins D and K, Bio-DK-Mulsion Caps™ contain superoxide dismutase and catalase that aid in cell repair and provide antioxidant protection.

In recent years, most people have become aware of vitamin D and its powerful influence on wellness, but few people know that vitamin K2 is just as important and can amplify its effects. And as I mentioned, research shows we all lack the vitamin K2 needed for anti-aging, bone and joint health, heart health, and disease prevention.

Talk to your wellness professional about the combination of vitamin D and vitamin K, and ask about Bio-DK Mulsion Caps.