

Vitamin D Synergy™ and Vitamin D Supreme

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



FOUNDATIONAL HEALTH



Vitamin D Synergy™ and Vitamin D Supreme 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 Supreme 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 Synergy™ 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 Supreme 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

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To contact Designs for Health, please call us at (860) 623-6314, or visit us on the web at www.designsforhealth.com.

Consult with your health-care practitioner about your specific circumstances and any questions you may have about this product.

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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.