

# Vitamin K2 90µg

Natural Menaquinone (MK-7)

## Presentation

**A black soft capsule.**

### Each capsule delivers:

Vitamin K2 90µg

### Encapsulated with:

Capsule Shell (Modified Corn Starch, Glycerol, Gelling Agent: Carrageenan, Colour: Iron Oxide, Sodium Carbonate), Sunflower Seed Oil, (Antioxidants: alpha Tocopherol Acetate & Rosemary Extract).

**Disintegration time:** Less than 30 minutes.

**Suitable for vegetarians**  **and vegans** 

**quantity**  
60

**type**  
capsules

**code**  
8146



## Uses

The last decade has seen an increasing interest in the uses of vitamin K. Evidence from studies points to the importance of a regular intake of vitamin K in order to achieve optimal calcium regulation. Research has confirmed its use in activating 'K-dependent' (VKD) proteins which are needed for blood coagulation and other important processes like bone metabolism, vascular health and the regulation of cell growth and apoptosis.

Many experts now believe that a *sub*-clinical vitamin K deficiency, that is, one that is not great enough to hinder blood clotting capacity, could be wide-spread and could contribute to osteoporosis, and other age-related diseases.

Lamberts® Vitamin K is a high quality supplement that provides a full 90µg of Vitamin K2 in the form of Menaquinone (MK-7). Our Vitamin K2 is naturally derived from chickpea protein and is free of cis-isomers. Small easy to swallow capsules that are suitable for vegetarians and vegans.

### Usage and administration

1 to 2 capsules daily.

### Allergen advice

None (see page 194).

### Cautions

This product is not recommended for pregnant or lactating women. Those on anti-coagulant medication (blood thinners), that wish to take levels of 100µg of Vitamin K or more, should consult with their doctor first.

### Storage instructions

To be stored in a cool, dry place and protected from light.

### Legal category

Food supplement.

