



## *K2-Vitum forte 200µg*



Bone tissue is a dynamic structure which is constantly being rebuilt. Some bone cells (osteoclasts) break down bone tissue releasing calcium, while others (osteoblasts) synthesize new bone tissue through building calcium (inter alia) into the bone structure. Keeping those two processes balanced is very important as bone

breakdown intensifies with ageing. Ensuring bone metabolism balance is possible by ingesting relevant nutrients with diet.

**VITAMIN K** contributes to the maintenance of normal bones, because it has a role in building calcium into the bone structure. K<sub>2</sub>-Vitum forte 200 µg contains vitamin K<sub>2</sub> – menaquinone-7 (MK-7). It is of crucial importance, as this very chemical form of vitamin K has a role in bone metabolism. Human body is not able to synthesize vitamin K<sub>2</sub> by itself, therefore a demand for this vitamin is covered mainly by diet and (less so) through synthesis by gut bacteria.

Product contains flaxseed oil rich in omega-3 fatty acids, one of which is alpha-linolenic acid (ALA). Alpha-linolenic acid contributes to the maintenance of normal blood cholesterol levels. The beneficial effect is obtained with a daily intake of 2 g of ALA.

**INTENDED USE:** the product is recommended for adults to supplement their diet in vitamin K<sub>2</sub>.

**RECOMMENDED USE:** adults – 1 capsule a day during a meal. Do not exceed the recommended daily dose. Food supplements should not be used as a substitute for a varied and balanced diet. Maintaining normal health requires a varied and balanced diet and a healthy lifestyle.

**NOTE!** If you take anticoagulants, consult your physician before you use this product.

**INGREDIENTS:** cold-pressed flaxseed (*Linum usitatissimum*) oil rich in alpha-linolenic acid, gelatin (shell ingredient), humectant: glycerol, menaquinone (vitamin K<sub>2</sub>).

**DAILY DOSE (1 capsule) contains:** 200 µg (267% of nutrient reference value) of vitamin K<sub>2</sub> MK-7 and 182 mg of flaxseed oil, of which 91 mg of alpha-linolenic acid (omega-3).

Storage conditions: store in room temperature, in a dry and dark place. Food supplements should be stored out of reach of children. Protect from exposure to light.

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**COUNTRY OF ORIGIN:** Poland

### *Pack*

- 36 capsules

*Plik wygenerowany na stronie Oleofarm.pl*