

D-BEST D3 5,000-K™

PRODUCT INFO SHEET

Description

Vitamin D is an important nutrient for the body and may be obtained from food, dietary supplementation, and exposure to sunlight's ultraviolet rays.

If photosynthesis in the skin is insufficient (e.g., limited time in sunlight, wintertime, use of sunscreens, etc.), then dietary sources become increasingly important to health. According to the National Center for Health Statistics, three-quarters of US adults are deficient in Vitamin D.

Vitamin K is an essential, fat-soluble vitamin that plays a role in bone mineralization and cardiovascular health.

As a fat-soluble compound, vitamin K exists in two forms:

- **Phylloquinone (vitamin K1).** Generated by plants and algae, vitamin K1 is found in green, leafy vegetables such as spinach, kale, broccoli, and cabbage. However, the absorption of vitamin K1 from the diet is approximately 10%.

- **Menaquinone (vitamin K2).** Vitamin K2 is generated by bacteria during the fermentation process, which can also be found in meat, dairy, eggs, and fermented foods such as cheese, yogurt, and natto (a Japanese dish of fermented soybeans). In contrast to vitamin K1, vitamin K2 is well absorbed by the body.

Vitamin K, and in particular vitamin K2, is essential for calcium utilization and bone mineralization. Additionally, adequate intake of menaquinone-7, or MK-7, may help contribute to healthy cardiovascular function.

Clinical Applications

D-Best D3 5,000 - K 5,000 IU + K of High-Potency, Bioactive Vitamin D3

D3 5,000 + K provides 5,000 IU per softgel of vitamin D (as D3), designed for greater absorption. This high-potency formula also includes bioavailable forms of vitamin K₂ (menaquinone-7) to complement vitamin D.

- Vitamin D helps support mineralization and healthy structure of bones, as well as immune health*
- Provides high-dose vitamin D3 (5,000 IU)*
- Solubilized in oil to assist absorption in the digestive tract

These statements have not been evaluated by the FDA. This product is not intended to treat, diagnose, prevent, or cure any disease. Consult a physician before taking. Should you experience any serious physical side effects from taking these nutritional supplements, discontinue and call your doctor immediately.

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Supplement Facts

Serving Size: 1 softgel
Servings Per Container: 60

Amount per Serving		*% Daily Value
Vitamin D (as cholecalciferol)	5,000 IU	625%
Vitamin K (as phytonadione USP)	20 mcg	17%
Menaquinone-7 (MK-7)	90 mcg	*

* Daily value not established

Other Ingredients: Olive oil, gelatin, glycerin, beeswax, water, annatto extract (color), and zinc oxide (color).

This product is manufactured in a facility that produces products containing wheat, soy, milk, egg, tree nuts, fish, and crustacean shellfish.

Dosage

SUGGESTED USE: Take 1 softgel daily, as directed by your healthcare practitioner. Do not exceed recommended dosage unless directed by your healthcare practitioner.

Warning: If pregnant or nursing, taking other nutritional supplements or medications, or if taking anticoagulants, consult your healthcare provider before use. Keep out of the reach of children.

Notice: This product contains vitamin D at a level that exceeds the adult tolerable upper intake level. It is highly recommended that serum 25(OH)- and 1,25(OH)₂-vitamin D be monitored every 60-90 days while consuming this product to ensure that levels remain in an acceptable range.

Storage: Keep tightly closed in a cool, dry place.



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