

# Vitamin D Ultra 10K

*High potency vitamin D*

Vitamin D Ultra 10K is a high dose vitamin D supplement providing 10,000 IU of vitamin D per serving. This product is ideal for situations where more aggressive vitamin D supplementation is desired, as determined by a health care practitioner.

## **Vitamins D & K – a synergistic relationship**

Vitamin D Ultra 10K includes two highly bioavailable forms of vitamin K, as K1 (Phytonadione) and K2 (Menaquinone-7); both of which are important for maintaining overall health. Vitamin K1 is the naturally occurring form found in vegetables; while vitamin K2, which is a product of soy fermentation (free of soy allergens), has the special property of metabolizing slowly throughout the day. Vitamins D and K are essential for optimal bone and arterial health and for maintaining a strong, balanced immune system.

**Vitamin D** – assists with proper bone health, as it helps regulate the body's calcium levels. When calcium levels are low, vitamin D stimulates calcium absorption and reduces calcium excretion, thereby encouraging healthy bones and teeth.

In addition, vitamin D helps to support a proper immune response in the body. Healthy prostate, colon and breast tissue are also supported by vitamin D.

**Vitamin K** – important for directing the transport of calcium into bones and teeth for optimal strength. Increasing the amount of vitamin D via supplementation, in the presence of inadequate levels of vitamin K, can increase the risk of calcium deposition in arteries and soft tissue (where you do not want it) and can have a negative effect on artery elasticity. Thus, when adequate levels of vitamin K are present along with vitamin D, calcium can be properly directed to the areas of the body where it needs to be, mainly in bones and teeth.

## **Vitamin D Ultra 10K Highlights**

- Provides 10,000 IU of vitamin D per serving
- Ideal for short term use, as determined by a health care practitioner
- Provides both vitamin D & vitamin K for optimal bone and arterial health
- Helps maintain proper immune system function
- Support for healthy prostate, colon and breast tissue

**Recommended Use:** As a dietary supplement, take one capsule per day with a meal, or as directed by your health care practitioner.

**CAUTION:** Vitamin K may adversely interact with anticoagulation drugs known as blood thinners. Patients taking these medications should be medically supervised while taking this product.



\*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.

**TO CONTACT DESIGNS FOR HEALTH, PLEASE CALL US AT (800) 847-8302, OR VISIT US ON THE WEB AT [WWW.DESIGNSFORHEALTH.COM](http://WWW.DESIGNSFORHEALTH.COM).**

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