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Why you Need to Take Vitamin K2 (as MK7) with Vitamin D3

Vitamin D3 and K2 work synergistically to support bone health by ensuring calcium is absorbed efficiently and directed specifically into bones, rather than soft tissues. D3 increases calcium absorption, while K2 activates proteins (like osteocalcin) that bind calcium to the bone matrix. This combination improves bone density, reduces fracture risk, and supports cardiovascular health.

Key Benefits of D3 + K2 for Bones

- **Optimal Calcium Utilization:** Vitamin D3 boosts calcium absorption from the diet. Vitamin K2 (specifically the MK-7 form) directs this calcium to the bones and teeth, preventing it from depositing in arteries or soft tissues. When calcium builds up in the blood, it leads to hypercalcemia which causes blood vessel calcification (BVC). BVC is associated with heart disease.
- **Increased Bone Density:** Combined supplementation has been shown to improve bone mineral density (BMD), particularly in the spine.
- **Bone Structure Strength:** K2 activates matrix GLA protein (MGP) and osteocalcin, which strengthen the bone structure.
- **Targeted Support:** This pairing is highly recommended for older adults, post-menopausal women, and those with limited sun exposure.
- **Reduced Fracture Risk:** Studies in postmenopausal women have shown that this duo can help reduce the risk of fractures by improving overall bone quality.



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Supplementation Considerations

When choosing a supplement, look for these specific forms and general guidelines.

- **Forms: Vitamin D3 (Cholecalciferol)** is the form naturally produced by the skin and is more effective than D2. **Vitamin K2 (as MK-7)** is highly recommended because it has a longer half-life and stays active in the body longer than other forms.
- **Dosage:** Common daily dosages in combined supplements range from **1,000 IU to 4,000 IU** of D3 paired with **45 mcg to 100 mcg** of K2. The NHS-recommended safe upper limit for daily Vitamin D is 4,000 IU.
- **Absorption:** Both are fat-soluble vitamins, so it is best to take them with a meal containing **healthy fats** (like avocado, nuts, or olive oil) for optimal absorption.

Precautions: If you are taking blood-thinning medication (like Warfarin), consult your doctor before starting Vitamin K2, as it can interfere with these treatments.

These are 2 brands that I use – I have no financial interest in these brands.

<https://www.metagenics.co.uk/vitamin-d3-1000iu-with-k2.html>

<https://www.british-supplements.net/products/clean-vitamin-d3-k2-msm-capsules?variant=32615728480330>



References

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