

# MenaquinGold<sup>®</sup> Natural Vitamin K2 (MK-7)



## Unique Benefits of MenaquinGold<sup>®</sup>

- Self-Affirmed GRAS
- Soy Free Process
- Water Soluble/Oil Soluble Forms
- Kosher & Halal Certified
- Production cGMP & Pharma Grade
- Extensive IP/Safety/
- Toxicity Studies
- HPLC Stability Studies
- Published Studies

  
**MenaquinGold<sup>®</sup>**  
*The Gold Standard*

Accepted science from the past meets exciting new science of today. For many years, Vitamin K's function was restricted to blood homeostasis regulation. Then, research linked Vitamin K2 to two crucial health benefits: bone health and cardiovascular health.

Now there is even more science-supported research which show that Vitamin K2 can ease muscle cramping and increase the body's utilization of oxygen.

There's only one form of Vitamin K that delivers all these benefits at their best. Vitamin K2 – or, to be specific, menaquinone-7 (MK-7) – which remains the most bioavailable, bioactive, and longest-lasting form of Vitamin K. MenaquinGold<sup>®</sup> is the Gold Standard for menaquinone-7.

*Where Food, Health and Science Meet.*



### Muscle Health

Cramping is an unfortunate part of muscle function — especially among the elderly. Thirty percent of men and women over age 60 experience this unpleasantness. The new and original research of menaquinone-7, as MenaquinGold<sup>®</sup> shows promise to alleviate cramping. One open field study with 19 elderly participants taking MenaquinGold<sup>®</sup> daily for 3 months reported a reduction in the frequency, duration, and severity of pain in cramping episodes.

### Energy VO<sub>2</sub>max

The ability of the body to utilize oxygen is measured by VO<sub>2</sub> max, or the maximum capacity to transport and use oxygen during incremental exercise. This value reflects a person's physical fitness. An open field study revealed that subjects who took menaquin-7 as MenaquinGold<sup>®</sup> increased their VO<sub>2</sub> max levels. Even more impressive: The same phenomenon was observed in elite athletes who already boasted high levels of VO<sub>2</sub> max. MenaquinGold<sup>®</sup> an "exercise in a pill"?

### Bone health

Natto, a traditional Japanese fermented soy dish, contains an abundance of menaquin-7, a key ingredient of MenaquinGold<sup>®</sup>. The regular consumption of natto, whose taste will offend most taste buds, reduces the risk of age-related decline in bone tensile strength. MenaquinGold<sup>®</sup> offers a palatable way to reap that benefit and works harmoniously with bone healthy nutrients ranging from calcium to omega-3 fatty acids.

### Heart Health

Calcium has long been considered a skeleton's biggest ally. But there's a catch: Calcium deposits may also find their way into the arteries, clogging them. For an aging population already faced with a growing risk of blood vessel calcification, this "calcium paradox" is a dicey proposition. Menaquin-7 as MenaquinGold<sup>®</sup> eases seniors' two giant concerns, building calcium matrix in the bone while preventing calcium from accumulating in the arteries. By taking menaquin-7 with calcium we build up our health.

### Balance of Body's Homeostasis

Epidemiological studies suggest that many populations, although apparently healthy, may be deficient in vitamin K2, and this deficiency may impact our overall health and well-being. The biological role of MenaquinGold<sup>®</sup>, the most bioavailable form of vitamin K2, is distinguished through its novel research and applications in muscle health and improving oxygen delivery to body tissues and cells. As a result, a new paradigm emerges in nutritional support of general health and well-being that involves nutritional supplementation of vitamin K2. MenaquinGold<sup>®</sup> obtained in a soy-free fermentation process is the Gold Standard for the most bioavailable vitamin K2.

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease. This document is provided for educational purposes only.

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