

Vitamin D Supreme Has Arrived!

Vitamin D Supreme provides a clinically useful dose of vitamin D3, 5000 IU per veggie cap, and vitamin K in both K1 and the MK-7 form of K2, which is highly bioavailable. Both of these forms of vitamin K are important to our health: vitamin K1 (the naturally occurring form of vitamin K in vegetables) and vitamin K2 as MK-7, which is a product of soy fermentation (free of soy allergens) and has the special property of metabolizing slowly throughout the day. This formula contains higher therapeutic doses than Vitamin D Synergy for situations where more aggressive repletion is required. Most holistically oriented health care practitioners are aiming for vitamin D blood levels of between 50 - 100 ng/mL as optimal. Many patients will require a higher dose of vitamin D as found in Vitamin D Supreme to achieve this. Vitamin D Synergy, our 2000 IU lower dose product, should be considered for maintaining optimal blood levels of vitamin D for long-term supplementation in patients that are exposed to adequate sunlight. Vitamins D and K are essential for optimal bone and arterial health and for maintaining the immune system in proper balance. The amount of vitamin D and K in this formula may correct the deficiencies of a majority of patients that do not get adequate sun exposure and/or dietary sources of these vitamins. We now know how important vitamin K is for directing the transport of calcium into bone 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 and have a very negative effect on artery elasticity. This is due to their interaction in the use of MGP, Matrix Gla Protein, which is a strong inhibitor of arterial calcification. The expression of MGP is vitamin D dependent and the gamma-carboxylation step, making it active, is vitamin K dependent. Together, D and K make a great team.

How does vitamin K help the bones? The most famous Gla protein is “osteocalcin.” Osteocalcin requires vitamin K to work. Vitamin K performs a feat on the proteins called “carboxylation.” Undercarboxylated osteocalcin can’t regulate calcium causing it to float around and dump into the wrong places like the arteries. Osteocalcin is now getting attention for its importance to bone density.

Caution: Vitamin K may adversely interact with anticoagulation drugs known as blood thinners. Patients taking these medications should be medically supervised while taking Vitamin D Supreme. ***People consuming more than 2,000 IU per day should have their vitamin D blood levels monitored by a qualified health care provider.***

Supplement Facts

Serving Size 1 capsule
Servings Per Container 60

Amount Per Serving		% Daily Value
Vitamin D3 (as Cholecalciferol)	5000 IU	1250%
Vitamin K (as Vitamin K1 Phytonadione Vitamin K2 Menaquinone-7)	550 mcg 500 mcg; 50 mcg)	687%

*Daily Value not established.

Other Ingredients: Rice flour, magnesium stearate, microcrystalline cellulose.



designs for health®
Science first.

To contact Designs for Health, please call us at (800) 847-8302, or visit us on the web at www.designsforhealth.com

THIS INFORMATION IS PROVIDED FOR THE USE OF PHYSICIANS AND OTHER LICENSED HEALTH CARE PRACTITIONERS ONLY. THIS INFORMATION IS INTENDED FOR PHYSICIANS AND OTHER LICENSED HEALTH CARE PROVIDERS TO USE AS A BASIS FOR DETERMINING WHETHER OR NOT TO RECOMMEND THESE PRODUCTS TO THEIR PATIENTS. THIS MEDICAL AND SCIENTIFIC INFORMATION IS NOT FOR USE BY CONSUMERS. THE DIETARY SUPPLEMENT PRODUCTS OFFERED BY DESIGNS FOR HEALTH ARE NOT INTENDED FOR USE BY CONSUMERS AS A MEANS TO CURE, TREAT, PREVENT, DIAGNOSE, OR MITIGATE ANY DISEASE OR OTHER MEDICAL CONDITION.