

K2+K1 Complex Drops



There are different types of vitamin K: K1, K2 and K3. Vitamin K1 is present in leafy green vegetables, while K2 can be found in animal offal (mainly in bone marrow, brain and liver) and fermented natto. Last, vitamin K3 is produced in our body, provided that we consume large amounts of vitamin K1. There are two subtypes of vitamin K2: the so-called menaquinone-4 (MK-4) and menaquinone-7 (MK-7). Both of these have synthetic (cis-) and natural (trans-) forms. The natural form of MK-7 is the best utilized form.

Why is it important to supplement vitamin K?

Practically everyone lacks vitamin K. Those who eat lots of leafy greens have sufficient vitamin K1 intake, but vitamin K2 is more important. Vitamin K2, however, can be found mainly in the offal, bone marrow and brain of grass eating animals, and in fermented natto, and we do not consume these in large amounts on a daily basis.

Effects of vitamin K

Historically, there was not any specific importance attributed to vitamin K, as it was seen to play a role only in blood coagulation. Everybody eats enough vegetables to ensure this function, as a small amount of vitamin K1 is already sufficient for this. However, recent observations indicating that vitamin K has a fundamental role in the prevention of cardiovascular diseases (sclerosis), in the development and maintenance of healthy teeth and bones, in the prevention and reversal of osteoporosis, and also in the prevention and treatment of some tumor diseases. This is especially true for vitamin K2. Although most research studies are currently focusing on osteoporosis and cardiovascular conditions, we can see from current studies that increasing the level of vitamin K3 in the body and administering high doses of vitamin K1 and K2 may have a significant role in the prevention and treatment of cancer, diabetes and Alzheimer's disease.

Probably the most important role of vitamin K2 in the body is that it can activate proteins responsible for the build-up of calcium where it is needed most (bones and teeth), and not where it is detrimental (soft tissues, kidneys, blood vessels). Scientific studies have confirmed that the occurrence of coronary atherosclerosis and osteoporosis decreases proportionally to vitamin K2 consumption.

An insufficiency of vitamin K2 exacerbates calcium intake which can be expressly harmful. With an appropriate vitamin D3 and K2 intake, our bodies receive the requisite amount which is utilized to the greater good. Acknowledging the fact of how beneficial vitamin K2 is for building in calcium and thus for bone development, we can directly conclude how particularly important it is for children.

The following effects can be attributed to vitamin K2 and large-dose vitamin K1, according to scientific studies.

Preventing calcium deposition

They prevent (and according to observations, reverse) cardiovascular sclerosis, just as the sclerotic alterations of other soft tissues and organs (e.g. kidneys).

Teeth and facial structure

K2 and D3 together prevent and reverse dental calculus, tooth decay, and can even seal smaller dental cavities (at least the dentin layer). When taken from early childhood, they ensure the development of straight, healthy teeth and a nice, symmetric face. [2,3]

Osteoporosis

They help to prevent osteoporosis; they are essential for developing a strong, healthy and flexible bone structure.

Alzheimer's disease

In a study, large doses of vitamin K2 significantly improved the status of patients with Alzheimer's disease.

Against tumor diseases

High doses both of vitamin K1 and K2 have anti-tumor effects. In a study where cancer patients received large doses of vitamin K1, it resulted in significant status improvement and also inhibited tumor growth. This was presumably due to the elevated vitamin K3 level caused by the high dose of vitamin K1.

Increasing the level of vitamin K3

High doses of vitamin K1 significantly increase the production of vitamin K3 in the body. Based on current studies, vitamin K3 is a promising option in cancer treatment.

Our product contains the most active and natural MK-7 form of vitamin K2, and to promote vitamin K3 production, we have also added a large amount of vitamin K1. All these substances are then dissolved in USDA Organic certified extra virgin olive oil, stabilized with a natural vitamin E complex. It does not contain any other additives, and due to being dissolved in oil, it has an excellent absorption rate.

Recommended dosage

It is best to take it during meals. Drop the liquid onto a spoon or directly in your mouth. It can be dropped on food as well, but do not mix it into a drink as the oil would float on the surface and part of it would remain on the edge of the glass and thus would be wasted. Consume between 6-30 drops per day. (6 drops contain the amount of vitamin K2 that, according to research, helps to prevent osteoporosis and coronary atherosclerosis, but to achieve maximal effects we recommend 24-30 drops, especially in case of existing sclerotic conditions or osteoporosis.) Overdosing is impossible. For children, the recommended dosage is 5 drops per 10 kg of body weight. In case of tooth decay or dental calculus, keep the liquid in your mouth for a long time, spreading it over your gums and teeth with your tongue.

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Literature, references

1. <http://examine.com/supplements/Vitamin+K/>
2. Nutrition and Physical Degeneration: A Comparison of Primitive and Modern Diets and Their Effects (1939) Paul B. Haeber, Inc; Medical Book Department of Harper & Brothers
3. Nutrition and Disease - the Interaction of Clinical and Experimental Work (Edinburgh and London: Oliver and Boyd, 1934)