

Product information VITAMIN K2 VIDA

Vitamin K2 Vida contains biofermentatively produced vitamin K2 in the form MK7 all-trans. Contributes to the maintenance of normal bones.

Vitamin K2 is obtained from bacteria in a fermentation process and does not contain chemicals or solvent residues. It consists of over 99% menaquinone-7 (=MK7) in the trans structure and is therefore all-trans.

Vitamin K2 Vida contains no allergens or soy, no additives or preservatives and is vegan. It is not genetically engineered and is absolutely GMO-free.

Vitamin K2 (also Menaquinone) is a vital, fat-soluble vitamin, which in the healthy body is produced by the bacteria of the intestinal flora or absorbed through food. However, production in the intestine only functions with a healthy intestinal flora and an intact microbiome.

Supplementation with vitamin K2 is especially important for

- People whose eating habits rarely include green vegetables.
- People for whom the good supply condition of their bones is an important criterion.
- Elderly people should pay more attention to a sufficient supply of vitamin K (vitamin K2 production decreases with age).

Recommended dosage

Take one capsule 1 time daily with sufficient liquid.

Directions for use

This product is not a substitute for a varied, balanced diet, fresh fruits and vegetables and a healthy lifestyle. Store in a cool, dry place out of the reach of children. Do not exceed the recommended dosage.

Minimum shelf life

36 months

Ingredients

Maltodextrin, menaquinone [consisting of 99% menaquinone-7 (vitamin K2 MK7)], vegetable capsule shell (hydroxypropylmethylcellulose).

Nutritional values

Amount per daily dosage of
1 capsule (0.37 g)

Vitamin K	225 µg (300%)*
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* = % of the nutrient reference values (NRV)

Net quantity

Net content 45 g
120 capsules with 225 mcg
biofermentatively obtained
vitamin K2 MK7

Pharmacode CH
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