



Vital D

Encouraging Bone Health and Heart Health



Overview:

Vitamin D has been developed to promote cardiovascular health, bone health, and general well-being. Essential minerals like calcium, vitamin D3, and vitamin K2 (MK7) are included in this supplement. These nutrients work together to improve calcium absorption, support cardiovascular health, and increase bone density. A balanced diet must include all of the components of vitamin D since they are all crucial for sustaining solid bones and a healthy circulatory system.

1. Vitamin D3:

Function: For calcium to be absorbed from the digestive system and used by the body, vitamin D3 is essential. It also helps to lower inflammation and modulate the immune system.

Benefits:

- **Improves Absorption of Calcium:** In order to ensure that the body has enough calcium for bone production and maintenance, vitamin D3 improves the efficiency of calcium absorption in the stomach.
- **Helps Maintain Immune Health:** It aids in the control of the immune system, defending the body against inflammatory illnesses and infections.



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- **Develops Bone Health:** Vitamin D3 lowers the incidence of fractures and osteoporosis and helps maintain bone density by facilitating the absorption of calcium.

2. Vitamin K2:

Function: When it comes to preventing calcium deposits in the arteries and other soft tissues and directing calcium to the bones and teeth where it is most needed, vitamin K2 (MK7) is indispensable.

Benefits:

- **Aligns Calcium with Bones:** Proteins that aid in binding calcium to the bone matrix are activated by vitamin K2, strengthening bones and lowering the risk of osteoporosis.
- **Avoids Arterial Calcium Build-Up:** Vitamin K2 supports cardiovascular health by preventing the development of calcium in the arteries through the regulation of calcium deposition.
- **Maintains Oral Health:** Vitamin K2 guarantees that calcium is used correctly, which strengthens teeth and keeps decay at bay.

3. Calcium

Function: Strong bones and teeth require the creation and maintenance of calcium, an essential element. Moreover, it is necessary for blood coagulation, neuron transmission, and muscle contraction.

Benefits:

- **Fortify Teeth and Bones:** Since calcium makes up the majority of bone tissue, it is essential for preserving both oral health and bone density.
- **Maintains Muscle Performance:** It supports the maintenance of regular muscle function and is required for muscular contraction, including the heartbeat.
- **Helps with Nerve Conduction:** For the brain and the rest of the body to communicate with each other properly, calcium is essential for the transmission of nerve signals.

Precautions:

Before taking any supplement, you should consult with a healthcare provider.

References:

1. Chen, T. C., and M. F. Holick (2008). A global issue with health implications is vitamin D insufficiency. *The American Journal of Clinical Nutrition*, 87(4), 1080S–1086S.
2. L. J. Schurgers et al. (2007). Supplementing with vitamin K2 enhances bone health. *Nutrition Reviews*, 65(7), 323–328.
3. Weaver (2014), C. M. Food sources, suggested intakes, and nutrient bioavailability of calcium in the diet. *In Advances in Nutrition* (Vol. 5, No. 2, pp. 210S-216S).

