1. Western populations are 97% Vitamin K2 deficient. Even those consuming healthy diets!

2. Ensures the body properly utilizes calcium. Vitamin K2 as MK-7 activates K-dependent proteins that direct calcium to the bones (where it is needed) and away from the arteries (where it is not).

3. Healthy arteries contain 100 times more Vitamin K2 than unhealthy arteries. Too much arterial calcium is the number one heart health risk factor.

4. Can stop calcium deposits in arteries and blood vessels. Vitamin K2 as MK-7 activates matrix Gla protein (MGP), the most potent inhibitor of vascular calcification known today.

5. Improves blood vessel elasticity. Groundbreaking 3-Year Study: Supplementation with MenaQ7® Vitamin K2 as MK-7 not only inhibited age-related arterial stiffening, but increased elasticity and flexibility of the arteries.

6. Required for strong healthy bones. Bone cells produce osteocalcin, a protein needed to bind calcium to bone. Osteocalcin needs Vitamin K2 to function optimally.

7. Proven bone protection. Breakthrough 3-Year Study: Healthy women taking MenaQ7® Vitamin K2 as MK-7 showed clinically significant protection of bone strength and density, including the critical spine and hip measurement.

8. Kids have the greatest need for vitamin K2 for optimal bone development. Studies have shown that children have up to 8-10 times more inactive osteocalcin than adults.

9. Kids don’t get enough K2 through diet alone. Young bones depend on K2 as 90% of peak bone mass is acquired before age 20. Invest in bone health for life.

10. Clinically validated & patented. MenaQ7® is the only Vitamin K2 as MK-7 clinically studied and proven to deliver bone and cardiovascular benefits. Accept no substitutes. Look for supplements containing MenaQ7®!