





# Vitamin K2

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**Content**  
60 Piece / Capsules  
PZN 5090982  
RRP 31,90 €
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**Recommended intake**  
1 capsule / day
- 

**without**  
artificial flavorings, artificial conservation, artificial colorants, genetic engineering
- 

**free of**  
granulated sugar, sorbitol, fructose, lactose, gluten, yeast, peanut oil, soya protein/lecithin, gelatine

## The support for your bones.

Burgerstein Vitamin K2 Capsules contain high-quality, pure vitamin K2 that is particularly well absorbed by the body (all-trans menaquinone-7). Vitamin K contributes to the maintenance of normal bones.

Vitamin K2 is important for the activation of osteocalcin and MGP (matrix GLA protein), which transport calcium to the bones and store it where it belongs. Vitamin K2 works synergistically with vitamin D, which promotes the formation of osteocalcin and MGP. At the same time, calcification of blood vessels and other tissues is prevented or dissolved. Additionally, vitamin K2 has a whole range of other abilities besides to its bone-building function.

The storage capacity in the body is limited, natural vitamin K2 has a half-life of 3 days, furthermore the metabolic rate is very high, therefore a daily intake is recommended.

The product is suitable for vegans and vegetarians.

## Vitamin K2 supports...

- ... with 180 µg vitamin K2 in one capsule
- ... normal blood clotting  
A vitamin K deficiency can lead to a disorder in blood clotting
- ... women and men  
Vitamin K contributes to the maintenance of normal bones
- ... the flexible combination with other micronutrients, e.g. calcium and vitamin D3

The fat-soluble vitamin K has a special feature: Some intestinal bacteria can produce it and release it into the body. **Vitamin K2** supports blood clotting, bones and teeth. The vitamin ensures higher bone density and better bone quality.

Especially older people, children and people who have problems with their teeth and necks of teeth should increase their intake of the vitamin. Because of the limited storage capacity of vitamin K in the body, one should take in enough of it daily through food or in the form of food supplements.

K2 can be better absorbed by the human body than vitamin K1. However, foods that we eat contain only small amounts of K2, for example meat, eggs and dairy products.



Nutritional values	Per daily portion (1 capsule)	NRV*
Vitamin K2	180,00 µg	240%

\*NRV = reference amount for daily intake according to the EU Food Information Regulation (LMIV)

**Ingredients:** Coating agent (hydroxy propyl methyl cellulose), sweetener (sugar), bulking agent (acacia gum, coconut oil, tricalcium phosphate), modified starch (maize), colouring agents (iron oxides), menaquinone-7.

**Additional information:** Food supplements are not a substitute for a balanced nutrition. A balanced nutrition and a healthy lifestyle are important. Do not exceed the recommended daily dose. Store out of the reach of small children and at room temperature - please follow the corresponding package instructions. | RRP: Recommended Retail Price.

**Important information:** Various measures during production, as well as a dark capsule and the additional folding box help to optimally protect the light-sensitive ingredient. This ensures that the vitamin K in Burgerstein Vitamin K2 is in an optimal form.