

# Vitamin K2

**SOLAL**  
TECHNOLOGIES  
ANTI-AGING SPECIALISTS™  
PRESCRIBED BY DOCTORS  
RECOMMENDED BY PHARMACISTS™

## VITAMIN K2

(MK-4 & MK-7 FORMS)

Packed in black tub because Vitamin K2 is light sensitive.



**Introducing a new weapon  
against Cardiovascular  
Disease and Osteoporosis:**

**Vitamin K2 -keeps calcium  
out of your arteries and in  
your bones.**

With aging comes the gradual loss of calcium from the bones. **More sinister is the simultaneous build up of calcium deposits in the blood vessels** and other areas of the body such as the in kidneys and breast tissue (known as soft tissue calcification).

### **So, what's the problem with calcium deposits?**

Recent research has shown that calcification of the blood-vessels is one of the **main causes of hardened arteries and increased blood pressure**. Furthermore **calcium is impregnated into any existing soft fatty arterial plaque deposits**, making them **brittle and dangerous**.

These not only cause **narrowing of the arteries**, but if they break off, they can travel to the heart, brain or lungs, and result in a **heart attack, stroke or pulmonary embolism**.

In fact **sudden death from heart attack is even more highly correlated with calcification of the aorta than cholesterol is**. In Framingham study research, aortic calcification was associated with **double the risk of death from cardiovascular disease** in men and women younger than 65, even after other risk factors (e.g. cholesterol) were taken into account. Think you're not old enough? Well, additional research in men younger than 35, showed that calcification of the aorta increased the **risk of sudden coronary death 7-fold<sup>1,2</sup>**. Post menopausal women are also at risk since declining levels of estrogen hormones means that more calcium is removed from the bones and deposited into the arteries.

### **Are you getting TOO MUCH calcium?**

Most people assume they are calcium deficient and therefore supplement with calcium, even though their dietary calcium intake may be adequate (dairy and green leafy vegetables are excellent sources of calcium). Furthermore, **many supplements and pharmaceutical medicines use calcium carbonate as a filler inside capsules and tablets**. In fact, as much as 90% of a capsule's contents may be "inactive" calcium carbonate filler, **normally not disclosed on the label**. It is because of this risk of hidden calcium intake, that **SOLAL Technologies does not use calcium as a capsule filler** (we generally don't use any fillers at all, and when we do, we use natural plant fibre). Furthermore, even if you don't supplement with calcium at all, **the body's natural aging processes continuously shift calcium from the bones into the blood vessels**.

### **How can calcium arterial deposits be reversed?**

Fortunately, extensive research shows that **vitamin K2 can inhibit calcium arterial deposits and also reverse existing calcification** in the heart, arteries, and even in the kidneys (calcification of the kidneys is one of the main causes of kidney damage). Additionally,

Available from SOLAL Technologies, Medical Practitioners, Dis-Chem Pharmacies and selected Pharmacies & Health Shops.

For more information on this product or anti-aging products and protocols or for any health need, contact:  
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Cardiovascular Health  
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according to researcher and chelation therapy expert, Dr Gary Gordon, vitamin K2 is even **more effective than chelation therapy**, at removing calcium deposits from the arteries.

## **Which form of vitamin K is best?**

There are many forms of vitamin K. Vitamin K1, although important for controlling blood clotting, is 15 times weaker than vitamin K2, and is not strong enough to remove calcium from the arteries. **Only vitamin K2 is effective at adequately protecting the blood vessels from calcification and reversing calcium build up.** There are 2 forms of vitamin K2, Menaquinone-4 (MK-4) and Menaquinone-7 (MK-7). Research shows that these two forms work differently to each other, to remove calcium from the arteries. Therefore it is **important to supplement with both the MK-4 and MK-7 forms of vitamin K2.**

## **Who is deficient in vitamin K?**

Whilst it is very likely that you have enough vitamin K to meet your blood clotting needs, it is unlikely that you have the higher levels required to adequately prevent your blood vessels from further calcification. It is even more unlikely that you have enough to reverse existing calcium build-ups. Vitamin K deficiency is particularly likely in older people. Antibiotics, laxatives and alcohol all deplete the body of vitamin K.

## **Who should take Vitamin K2?**

- It is a good idea for all men and women **diagnosed with cardiovascular disease** to supplement with vitamin K2, especially if accompanied with **high blood pressure, elevated cholesterol or triglycerides, or hardened arteries** (usually caused as a result of obesity, lack of exercise and a diet high in fats or refined carbohydrates). **NOTE: vitamin K can neutralise the effects of anti-coagulant medicines.** So if you are taking warfarin or any other anti-coagulant, do not take vitamin K2, unless under your doctor's supervision. It should be noted however, that there is also evidence that suggests that modest supplementation of vitamin K2 adds to long-term stability of blood coagulation. There is no concern about taking aspirin with vitamin K however, since aspirin is not an anti-coagulant, but rather an anti-platelet medicine.
- **Men and women with high risks of developing heart disease should also be taking vitamin K2** as a preventive measure. High risks include **advancing age, obesity, alcohol excess, high fat or high carbohydrate diets and lack of exercise.**
- **Post-menopausal women** need extra vitamin K2 to help prevent calcium bone loss, in addition to preventing calcium arterial deposits.
- **Healthy people who want to be on a comprehensive anti-aging program** should also consider vitamin K2. This is because cardiovascular disease is the most prevalent preventable killer-disease, and vitamin K2 is one of the most important nutraceuticals to prevent it.

## **SOLAL's VITAMIN K2 supplies BOTH MK-4 and MK-7 forms of Vitamin K2**

Each capsule supplies:

Menaquinone-4 (MK-4) K2 155mcg

Menaquinone-7 (MK-7) K2 45mcg

Packed in tubs of 60 capsules.

Adults and children over 12 years of age should take one capsule daily, with, or shortly after a meal. This dose can be doubled if needed, but only if under the supervision of a healthcare professional.

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