

# Skoczylas Vitamin K2 MK-7 in Drops 30ml

## Product Overview

Skoczylas Vitamin K2 MK-7 provides an effective way to support healthy bones and proper blood clotting.

This vitamin is essential in activating proteins that bind calcium, which contributes to the maintenance of normal bones and helps direct calcium to where it's needed in the body, such as bones and teeth, rather than soft tissues like arteries.

Vitamin K2 MK-7 is one of the most bioavailable and stable forms of vitamin K, derived from natto, a traditional Japanese fermented soybean food. This product also contains an antioxidant, alpha-tocopherol (vitamin E), which helps preserve the freshness of the oil and enhances the product's efficacy.

## Key Benefits

- Supports bone health: Vitamin K2 activates osteocalcin, a protein responsible for binding calcium to the bone matrix.
- Promotes cardiovascular health: Activates matrix GLA proteins (MGP), helping to prevent calcium from depositing in arteries.
- High bioavailability: MK-7 stays active in the body for longer periods, ensuring sustained benefits.
- No unnecessary additives: Free from preservatives, artificial colors, and additives.
- Vegan-friendly: Entirely plant-based, using sunflower oil as a carrier, ensuring it fits into vegan and vegetarian lifestyles.

## Ingredients

- Sunflower Oil: A neutral carrier oil that enhances the absorption of fat-soluble vitamins like K2.
- Vitamin K2 (MK-7): 150 µg (200% of the Reference Daily Intake per 5 drops).
- Alpha-Tocopherol (Vitamin E): Added as a natural preservative and antioxidant to protect the

quality of the oil.

### **How to Use**

- Shake well before use.
- Measure 5 drops on a spoon or add to a cold drink.
- Recommended daily intake: 5 drops, providing 150 µg of Vitamin K2, which is 200% of the daily recommended value.

### **Why Vitamin K2 is Important**

Vitamin K2 is crucial for activating proteins involved in calcium metabolism, impacting both bone health and cardiovascular function. It ensures calcium is efficiently used by the body, contributing to bone mineralization and preventing unwanted calcification of arteries.

The MK-7 form of vitamin K2 has a longer half-life in the bloodstream compared to other forms, such as MK-4, making it more effective at lower dosages over extended periods. This makes it an ideal choice for individuals looking to support long-term bone and heart health.

### **Storage and Safety Precautions**

- Store in a cool, dry place away from direct sunlight.
- Keep out of reach of children.
- Do not exceed the recommended daily dose.
- Consult with a healthcare provider if you are pregnant, breastfeeding, or taking anticoagulants.