

### **What are the major health functions K2-D3 helps support?**

Vitamins K2 and D3 help properly redirect the calcium in your body to promote bone health, heart health, and circulatory health.\*

### **How does K2-D3 help support bone, heart, and circulatory health?**

The proper balance of vitamins K2 and D3 in your body is essential to getting the most from the calcium you get through your diet and supplementation. Vitamin K2 helps redirect the calcium in your system to your bone tissue. K2 and D3 work together to promote bone health. And K2 helps move calcium out of your bloodstream, supporting vessel and arterial health.\*

### **If I am taking Vitality Calcium Complete® or Vitality Multivitamin & Mineral™, do I really need to take another vitamin D3 product?**

Melaleuca highly recommends taking *K2-D3* any time you take a calcium supplement (*Vitality Calcium Complete* or *Vitality Multivitamin & Mineral*). Recent research findings suggest that alone, the extra calcium from supplementation may not be properly distributed throughout the body. Melaleuca's *K2-D3* can actually help with the proper distribution of calcium throughout the body for optimal utilization in the bones.\*

### **What are the ingredients in K2-D3 and how do they help?**

*K2-D3* contains an optimal balance of vitamins K2 and D3. Vitamin D3 is essential for proper calcium absorption. D3 is required for the creation of the hormone calcitriol, and calcitriol is required for proper absorption of calcium.\*

Once it's in the body, calcium can remain in the bloodstream, where it may be deposited in other parts of the body. That's where vitamin K2 comes in. K2 is essential to activating the proteins that move the calcium from the bloodstream to your bones and teeth. Without K2, the proteins cannot be activated and it's difficult to redirect the calcium.\*

### **What makes K2-D3 different/better than other supplements I can purchase from the competition?**

Melaleuca has utilized the latest scientific research to create a proprietary formula that delivers the optimal balance of vitamins K2 and D3 at an incredible value compared to similar products on the market.

### **Can I take more than the recommended dosage of K2-D3 for even more benefit? What's the limit?**

*K2-D3* is a dietary supplement. Unless otherwise directed by a health care professional, limit dosage to one softgel per day.

### **When should I take K2-D3?**

Suggested use: Take one softgel daily, preferably with food.

### **How much support or research has been done on these ingredients?**

In 1922, vitamin D was the fourth vitamin to be identified and named. In 1925, the form of vitamin D3 was discovered and thousands of studies have been completed that verify its health properties as well as its importance in calcium absorption. Vitamin K was first discovered in 1929, but the K2 form and its relationship to calcium was not discovered until much later. Since that time, numerous studies have confirmed the mechanism of vitamin K2 and its essential role in redirecting calcium out of the bloodstream and into the bones and teeth.\*

\* These statements have not been evaluated by the Food & Drug Administration.  
This product is not intended to diagnose, treat, cure, or prevent any disease.

### **What other lifestyle changes can I do to support my bone, heart, and circulatory health?**

Proper daily diet and daily exercise play a role in maintaining both bone health and circulatory health. Contact your health professional to establish your own healthy eating and exercise plan.

### **Why is vitamin K2-D3 in both the Peak Performance Heart Health pack and the Peak Performance Bone & Joint Health pack?**

*K2-D3* is found in both of these packs because of its essential role in redirecting calcium. Its ability to move calcium out of the bloodstream is crucial to proper heart and arterial health. Its ability to move calcium to the bones is essential to maintaining bone health.\*

### **Why should I take the Peak Performance Heart, Bone & Joint or Total Health packs?**

The *Peak Performance Bone & Joint* pack was created for those who want to proactively manage their bone health and maintain joint mobility in addition to getting core systemic benefits and daily nutrition found in the *Peak Performance Pack*.\*

The *Peak Performance Heart Health* pack was created for those who want to proactively support their cholesterol<sup>†</sup> and cardiovascular health while helping reduce the risk of heart disease in addition to getting core systemic benefits.\*\*

The *Peak Performance Total Health* pack was created for those who want complete head-to-toe support, from eyes and brain to heart and joints, in addition to getting core systemic benefits and daily nutrition.\*

### **Is K2-D3 gluten-free?**

Yes.

### **Does K2-D3 contain any allergens?**

No.

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<sup>†</sup> Foods and supplements containing at least 400 mg per serving of plant sterol esters, eaten twice a day with meals for a daily intake of at least 800 mg, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. A daily serving (4 softgels) of *Phytomega* supplies 2000 mg of plant sterol esters.

<sup>‡</sup> Supportive but not conclusive research shows that consumption of EPA and DHA omega-3 fatty acids may reduce the risk of coronary heart disease. A daily serving (4 softgels) of *Phytomega* provides 330 mg of EPA and 220 mg of DHA omega-3 fatty acids. A daily serving (2 softgels) of *CardiOmega EPA* provides 1000 mg of EPA and 100 mg of DHA omega-3 fatty acids.