



# **MenaquinGold™**

## HIGHLY STABLE, BIOAVAILABLE, ALL-NATURAL VITAMIN K2-7 FOR BONE INTEGRITY AND CARDIOVASCULAR HEALTH.

### BETTER TOGETHER: **Proprietary Vitamin K Blend**

Research suggests a blend of Vitamin K plus MSM to create the ultimate combination to lower inflammation, reduce arterial calcification and improve bone integrity.

### COMMON NAMES: **Vitamin K2, K-2, K2-7, Menaquinone 7, MK-7**

### SPECIAL ORDER: **Vitamin K2-7 Powder, 3,000 ppm**

### THE SOLUTION TO A WIDESPREAD DEFICIENCY

At one time, Vitamin K was known only for its role in promoting blood clotting. Today, however, new research shows Vitamin K also inhibits calcification and subsequent hardening of the blood vessels, as well as several bone-mineralizing proteins which are needed for calcium uptake into the bones. In essence, Vitamin K directs calcium away from the blood vessels and toward the bones. It has also been shown to lower concentrations of inflammatory markers, so it may protect against inflammation.<sup>1</sup>

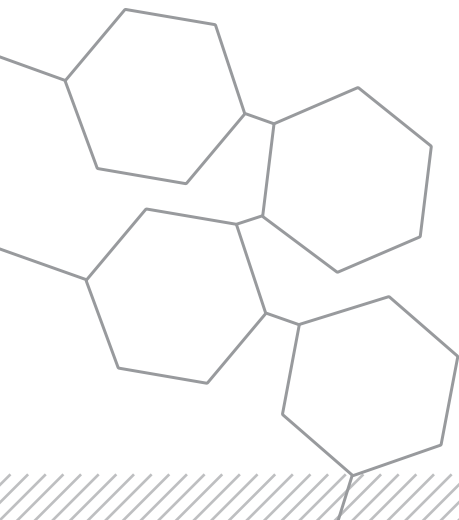
Though much needed in our diets, deficiencies in Vitamin K are, unfortunately, common. Only half of females age 13 and over, and less than half of males in the same age bracket, consume the RDA for Vitamin K.<sup>2</sup> What is needed is an effective dietary ingredient that satisfies these deficiencies. What is needed is MenaquinGold.™

### INTRODUCING MENAQUINGOLD™

Produced using an all-natural natto fermentation process, MenaquinGold is the highest quality K2-7 available. It is extracted through a proprietary process free of metabolite byproducts and chemical solvents, which ensures the greatest purity and long-term stability of any Vitamin K2 on the market. Plus, MenaquinGold is manufactured in a dedicated GMP facility, minimizing the risk of cross-contamination.

### FEATURES OF K2-7

- Highly bioavailable form of Vitamin K2
- Longer half-life and better tissue distribution than K1
- Produced using an all-natural natto fermentation process: not synthetic
- Proprietary extraction process produces an extremely pure and highly stable ingredient
- Manufactured in a dedicated GMP facility, minimizing the risk of cross-contamination





## SPECIFICATIONS

Appearance	Yellow to light yellow free flowing powder
Total Vitamin K2-7	1,000 µg/g (min)
Loss on drying (105C/4hr)	8% (max)
Arsenic (As <sub>2</sub> O <sub>3</sub> )	2 µg/g (max)
Heavy Metals (as Pb)	2 µg/g (max)
Bacteria count (48 hrs)*	10 <sup>4</sup> cfu/g (max)
Escherichia coli	absent in 1 gm.

## PACKAGING

1kg or 5kg aluminum laminated bags.

## STORAGE & HANDLING

Vitamin K2-7 powder is well protected in its original sealed container. Store in cool place. The product is light sensitive and exposure may deteriorate K2 activity.

## TECHNICAL DATA

Builds up a stable serum concentration plateau within 7 days of starting supplementation

72-hour half-life

Provided as a formulation of 1000 ppm

To ensure stability, do NOT use any solvents, including aqueous exposure, or expose to temperatures above 45° C when preparing formulation

Formulations should use principles of dry blending

Perform 42° C stability check to confirm integrity of K2-7

\*Bacterial Count: As per MOA: Vitamin K2-7 TOTAL VIABLE COUNT



## DOSE

We recommend 45-100 mg of MenaquinGold per day. People taking oral anticoagulants should consult their physician before use.

## VITAMIN K2 RESEARCH

The large-scale 10-year Rotterdam study found that supplementation with 45 mcg of Vitamin K2 in healthy adults aged 55 years+ caused a 50% reduction in arterial calcification.<sup>3</sup> Studies in postmenopausal women have shown that supplementing with Vitamin K2 increases bone density by 6% when taken in combination with Vitamin D3.<sup>4</sup>

## QUALITY COMMITMENT

When you choose one of our ingredients, you can be confident that you've chosen the best. In fact, we only represent those ingredients that both meet our rigorous quality standards and provide a healthful or environmental benefit. We examine the manufacturer's capabilities, capacity, GMP procedures, analytical protocols and quality standards. With our careful due diligence, you can continue to feel confident that regardless of the ingredients you get from us, they will consistently be of the highest quality.

## ABOUT BERGSTROM NUTRITION

The only dedicated NPA GMP-certified MSM production facility in the world, exceeding industry standards for optimal purity and product consistency. The Vancouver, Washington based company pioneered the use of MSM for human consumption in 1989. Their proprietary OptiMSM® is the only MSM backed by U.S. published clinical research and can be found in leading joint health products in all major channels.

To learn more about MenaquinGold™, or any of the ingredients and products provided by Bergstrom Nutrition, visit [www.bergstromnutrition.com](http://www.bergstromnutrition.com) or call us at 360-693-1883.

- 1 Shea M. Kyla. Vitamin K and Vitamin D status: Associations with inflammatory markers in the Framingham Offspring Study. *Am J Epidemiol.* 2008;167:313-320.
- 2 McBride Judy. "Vitamin K: Another reason to eat your greens." *Agricultural Research.* Jan 2000:48(1). <http://www.ars.usda.gov/is/AR/archive/jan00/green0100.pdf>
- 3 Geleijnse JM, et al. "Dietary intake of menaquinone is associated with a reduced risk of coronary heart disease: the Rotterdam Study." *J Nutr.* 2004 Nov;134(11):3100-5.
- 4 Takahisa U, et al. *Eur. Menopause J.* 2002;41:211-221

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