

Dr. Rath D3 + K2™ vegan

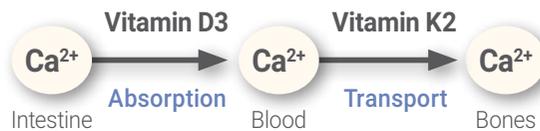
The vegan complex with vitamin D3 + K2

Vitamin D3 and vitamin K2 are fat-soluble vitamins that are indispensable for a healthy cell metabolism. They play a decisive role in many processes. Together they contribute to the preservation of normal bones. This is achieved through the regulation of calcium metabolism.

The main source of vitamin D is the human body itself. It is able to produce vitamin D through the skin from exposure to sunlight, provided that sufficient sun is available.

Vitamin K1, one of the two naturally occurring vitamin K forms, is mainly found in the leaves of various green plants. Vitamin K2, which is considered to be a more bioavailable form of vitamin K, is found mainly in fermented foods such as sauerkraut or fermented soy. Provided the intestinal balance is healthy, bacteria in the human gut can also make some contribution to vitamin K2 supply.

Vitamin D3 and K2 work hand in hand. Vitamin D3 promotes absorption of the mineral calcium (Ca²⁺), which is contained in food. Vitamin K2 helps the calcium to find its way to where it's needed within the body.



In Dr. Rath Vitamin D3™ + K2 vegan we only use vitamin forms that are highly bioavailable:

- Vitamin D is found as cholecalciferol. Lichen is used as the plant source.
- Vitamin K2 is found as MK-7 all-trans. It is obtained from natto (fermented soybeans).

Contents of one capsule:

Vitamin D3	37,5 µg (1.500 IU)
Vitamin K2 (all trans MK7)	45,0 µg

* µg = microgram
IU = international units

Recommended allowance:

1 capsule once a day at mealtimes. Take with plenty of liquid (water, juice, tea).

Due to its purely vegetarian ingredients, Dr. Rath Vitamin D3™ + K2 vegan is an especially suitable way for vegans to boost their vitamin D intake.

Presentation: 90 capsules

Order No.: 044

New!

Special Formula

Dr. Rath Vitamin D3™ + K2 vegan is a Special Formula in the Dr. Rath Cellular Nutrient Programme. Our Special Formulas have been designed to supply an extra amount of selected micro-nutrients. They make it possible to specifically increase individual nutrient factors.

Dr. Rath Vitamin D3™ + K2 vegan can be combined with both our Basic Formulas and our Basic and Reconstructive Formulas.

