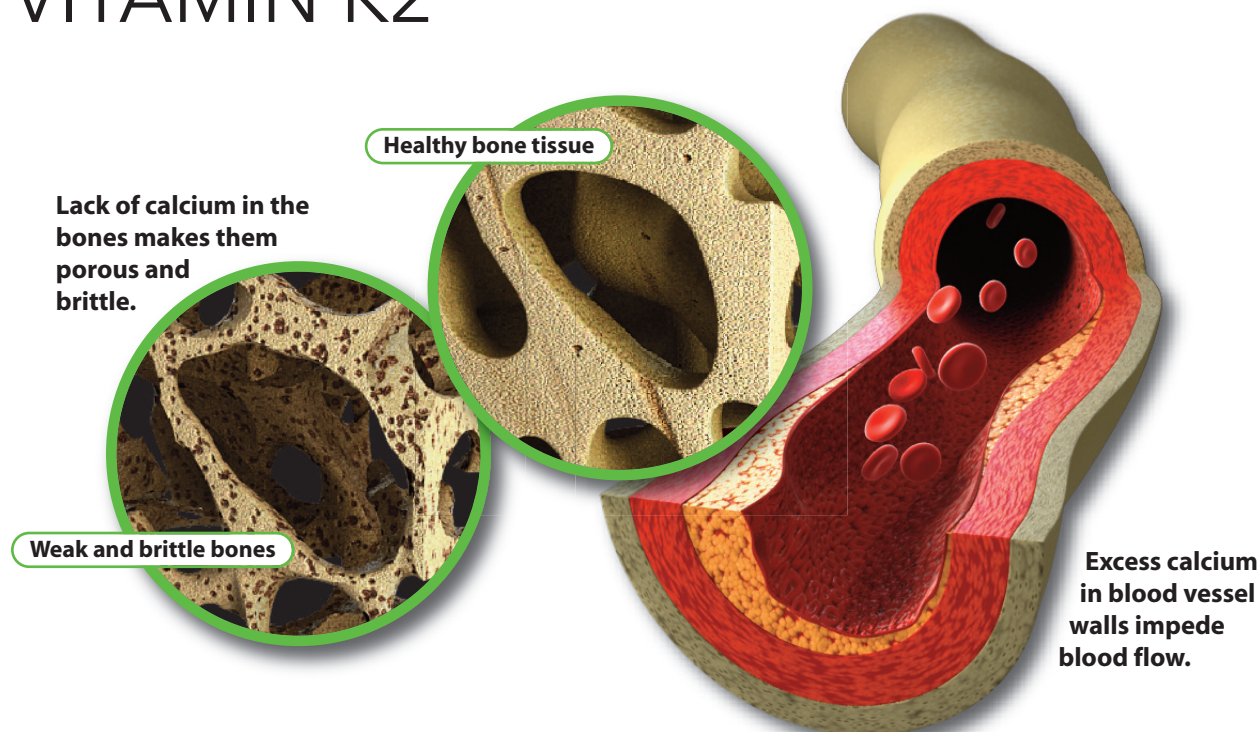


**MenaQ7™**  
Vitamin K2 as Mk-7

## MENAQ7™ THE OPTIMAL VITAMIN K2



### MenaQ7™ helps keep calcium in your bones and out of your arteries

- Clinically-studied Vitamin K2 for Bone and Cardiovascular Health
- First pure natural Vitamin K2 Crystals, > 95% MK-7
- First patented Vitamin K2 for Heart Health

**What is MenaQ7™?** MenaQ7™ is a natural source of Vitamin K2 in the form of menaquinone-7 (MK-7). It is a fermentation extract of *Bacillus licheniformis*, providing soy-free vitamin K2 production. MK-7 is recognized in the scientific literature for providing an important source of vitamin K.

**MenaQ7™ Crystals:** MenaQ7™ Crystals, the purest natural MK-7 available, represents the most significant evolution of a vitamin with significant health benefits. An important technological breakthrough in the new generation of MenaQ7™ is a proprietary multi-step process of purification, condensation and crystallization of fermentation-derived vitamin K2. This innovative process leads to an end product that is more than 95% pure natural MK-7.

**Why MenaQ7™?** Recent research demonstrates the importance of vitamin K2 in helping the body utilize calcium to build strong, healthy bones and to inhibit calcium deposits in the arteries.



# CLINICALLY-STUDIED VITAMIN K2 FOR BONE AND CARDIOVASCULAR HEALTH



The average dietary intake of K vitamins has dropped significantly over the last 50 years, and today's intake is believed to be insufficient. Research shows that vitamin K2 is beneficial for both bone and cardiovascular health. MenaQ7™ is the best-documented natural vitamin K2 (MK-7) menaquinone product.

**Products:** MenaQ7 95%  
MenaQ7 Powder 2000 ppm  
MenaQ7 Powder 1000 ppm  
MenaQ7 Powder 2000 ppm Water Dispersible  
MenaQ7 Oil 1500 ppm

**Product Description:** Natural vitamin K2 as menaquinone-7 (MK-7)

**Packaging:** 1,5 or 25kg

**Patents:** Patents granted on cardiovascular health in multiple countries.

## VITAMIN K2 (MK-7) RESEARCH

### The First Breakthrough Study: "The Rotterdam Study" <sup>(1)</sup>

The beneficial effects of vitamin K2 have been well documented through years of research. The large-scale 10-year Rotterdam study (2004) showed improved cardiovascular health in individuals consuming higher vs. lower levels of vitamin K2.

### The Second Breakthrough study: "The MenaQ7™ Study" <sup>(2)</sup>

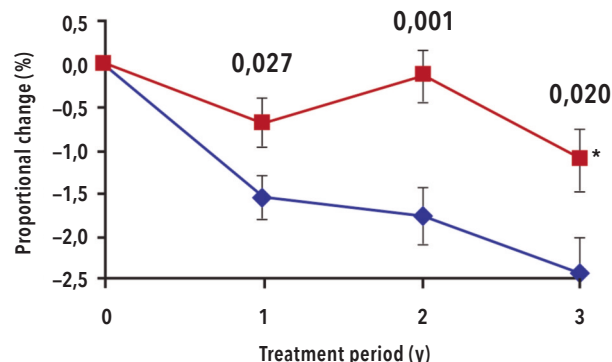
Results of a new double-blind, randomized clinical trial showed that when taken daily in nutritional doses (180 mcg) for three years, MenaQ7™ improved bone mineral density, bone strength and cardiovascular health. Because of its long-term design, this study was the first MK-7 trial to show these benefits. This was also the first study to show clear, statistically significant improvements in bone health and cardiovascular health.

(1) Geleijnse JM et al. (2004) Dietary Intake of Menaquinone Is Associated with a Reduced Risk of Coronary Heart Disease: The Rotterdam Study. *Journal of Nutrition* 134: s3100-3105

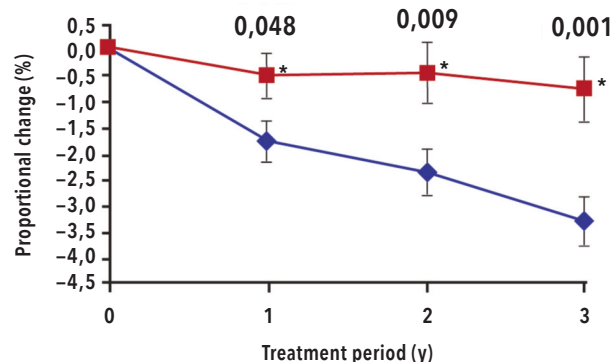
(2) Knapen MHJ et al. (2013) Three-year low-dose menaquinone-7 supplementation helps decrease bone loss in healthy postmenopausal women. *Osteoporosis International* Sep; 24 (9): 2499-507

(3) Knapen MHJ et al (2015) Menaquinone-7 supplementation improves arterial stiffness in healthy postmenopausal women: double-blind randomized clinical trial. *Thromb Haemost* 113: epub ahead of print

## BONE MINERAL CONTENT



## IMPACT STRENGTH INDEX



\*p<0.05



NattoPharma®

THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

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