

# Optimal Longevi-D K2

## Why This Supplement?



Different from vitamin K, known as K1, Vitamin K2 works to keep blood vessels free of calcium buildup and ensures calcium is used in the bones. This is why Vitamin K2 is being taught to be the world's most important "unknown" nutrient. In many studies, K2 has been shown to increase life spans up to 7 years. The form of K2 is critical.

## What Sets Us Apart?

Just like your Health Professional, Optimal Health Systems cares about patients, which is why we exclusively create supplements with nutrients derived from whole foods—not cheap, synthetic alternatives. Rest easy, knowing you're getting the best nutrition possible.

## The Results

Optimal Longevi-DK2 is a potent formula that incorporates three fat-soluble nutrients, CoQ10, vitamin D, and Vitamin K2 that ensures you get the most out of vitamin D and calcium; Vitamin K2 is an essential accompaniment to vitamin D. A high potency vitamin D formula without K2 does not work correctly and can create deficiencies. Research shows that 97% of the population is deficient in this vitamin.

## Quick Facts!

- Only the MK-7 form lasts a long time in the bloodstream and is the only form derived from food. Optimal Longevi-D-K2 has 60 mcg of Vitamin K2 (menaquinone-7) per capsule!



## Dosing

Take 2 capsules 1-2 times daily or as directed.

## Supplement Facts

Serving Size: 2 Capsules

Servings Per Container: 60

Amount Per Serving	% Daily Value
<b>Vitamin D3</b> (Cholecalciferol) (from whole food cultured blend)*	100 mcg / 4000 IU 500%
<b>Vitamin K2</b> (menaquinone-7) (from whole food cultured blend)*	120 mcg 100%
<b>CoQ10</b> (Ubiquinone) (Fermented)	30 mg **
<b>Acerola Cherry Extract</b> (Malpighia glabra) (fruit)	5 mg **

### +PROPRIETARY WHOLE FOOD CULTURED

### MEDIA BLEND & OPTI-BLEND DELIVERY SYSTEM

Yeast, Pea Protein. **Vitamins:** Vit D3 (Cholecalciferol), Vit K2 (Menaquinone-7).

**Organic Vegetable Blend:** Oat Bran, Red Pepper, Carrot, Broccoli, Cucumber, Beet, Okra, Wild Yam. **Organic Fruit Blend:** Wild Blueberry, Apple, Raspberry, Strawberry, Cranberry, Grape, Orange, Raspberry Seed, Blackberry, Bilberry, Tart Cherry, Cinnamon, Pomegranate, Black Currant.

**Probiotics:** L. Plantarum, Lactobacillus Acidophilus, Bacillus Coagulans, Lactobacillus bulgaricus, Bifidobacterium bifidum, Lactobacillus salivarius, Lactococcus lactis, Streptococcus Thermophilus, Bifidobacterium lactis.

**Plant Enzymes:** Amylase, Protease, Peptizyme SP, Lipase, Invertase, Maltase, Cellulase, Lactase, Phytase.

\*\*Daily Value not established.

**Other ingredients:** Rice Flour (Oryza sativa), Hypromellose (Capsules), Rice Bran Concentrate (Oryza Sativa), Vitamin B3 Niacinamide, Vitamin B5 D-Cal-Pant, Vitamin B6 Pyridoxine HCL, Vitamin B9 Folic Acid, Silicon Dioxide.

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

For full details and latest supplement facts, visit:  
[www.ohs4life.com/longdk2](http://www.ohs4life.com/longdk2)