designs for health®

Osteo Tri-K™

45 mg MK-4 per serving to support bone health and strength*

BRF060 | 60 softgels

Designs for Health's most advanced vitamin K2 formula that targets bone health with clinically studied ingredients.* **Osteo Tri-K™ features 45 mg of vitamin K2 (as MK-4) — the research-backed amount shown to promote bone strength and arterial health.* It supports the normal bone remodeling process in women and men, which can be disrupted by hormonal changes and aging, including during menopause and andropause.***

Osteo Tri-K™ may provide nutritional support for individuals who are at risk of bone loss, bone fracture, arterial stiffness, and other relevant conditions in which high amounts of vitamin K1 and/or vitamin K2 may be beneficial.*

GLUTEN FREE FORMULA · DAIRY FREE FORMULA · SOY FREE FORMULA · NON GMO INGREDIENTS

MUSCULOSKELETAL HEALTH*

- Supports optimal bone health and strength*
- May help maintain optimal calcium and collagen content in bones*
- Promotes arterial elasticity and integrity*
- May benefit those taking certain medications that may increase demand for vitamin K*

Supplement Facts

Serving Size 2 softgels
Servings Per Container 30

Amount Per Serving		% Daily Value
Vitamin K (as Vitamin K1 Phytonadione)	1000 mcg	833%
Vitamin K2 (as Menaquinone-4)	45 mg	*
Trans-Geranylgeraniol (GG-Gold®) [from annatto (*Bixa orellana*)(seed)]	30 mg	*

*Daily Value not established.

Other Ingredients: Medium chain triglycerides, softgel ingredients (bovine gelatin, glycerine, purified water).

Recommended Use: Take 2 softgels per day with meals, or as directed by your health-care practitioner (divided dosing recommended).

Warning: Consult your health-care practitioner before using this product if you are taking Coumadin, warfarin, or other anticoagulant medications.

Ask your qualified health-care practitioner if you take medications that increase your need for vitamin K and GG.

JUST THE FACTS:

Compare supplement facts to the leading brands

- **Vitamin K1 –** An essential fat-soluble vitamin needed for normal blood clotting and activation of bone-building proteins.*
  - Vitamin K1 is primarily found in dark leafy greens.
- **Vitamin K2 –** Helps activate the bone-building protein that binds calcium and helps move it into our bones and teeth, where we want it, instead of being deposited into our arteries.* It also helps promote the bone remodeling process.*
  - Vitamin K2 (MK-4) is only found in animal-based, nose-to-tail foods like grass-fed butter and meats, full-fat cheeses, and pastured eggs. MK-4 is the preferred and most abundant form of vitamin K2 in humans.*
- **Geranylgeraniol (GG) –** GG is a building block of vitamin K2 and is added to promote vitamin K2 (as MK-4) production.*
- Softgel delivery for enhanced nutrient absorption

***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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