

Vitamin D Supreme Vitamin D Synergy™

with Vitamin K1 and K2

☐ VDS030, VDS060, VDS120 | 30, 60, or 120 Vegetarian Capsules
☐ VID120 | 120 Vegetarian Capsules

Did you know that your body has a remarkable ability to produce vitamin D when the skin is exposed to sunlight? However, it is difficult to maintain optimal vitamin D status with sunlight exposure due to geographical location, sun-protective strategies, and changes to vitamin D conversion due to aging skin. Additionally, vitamin D is not found in a lot of food options.

With that in mind, supplementing with vitamin D's beneficial form (cholecalciferol or vitamin D3) may help support optimal vitamin D status in the body.* Not only do Designs for Health's vitamin D products feature different serving size options for flexibility, but they are also paired with vitamin K, which works harmoniously with vitamin D in the body.* A compound called geranylgeraniol (GG) is also added, which provides extra support for bone health.* Take the next step in supporting your ideal vitamin D status.*



FOUNDATIONAL HEALTH*



Supports optimal vitamin D status*



Supports optimal bone health*



Promotes immune system health and balance*



Supports heart health and healthy blood vessels*



Helps optimize calcium absorption and utilization*



Promotes brain health*

Vitamin D Supreme

Supplement Facts

Serving Size 1 capsule
Servings Per Container 30 | 60 | 180

Amount Per Serving	% Daily Value
Vitamin D (as Cholecalciferol) 125 mcg (5,000 IU)	625%
Vitamin K (as Vitamin K1-Phytonadione 1,000 mcg; Vitamin K2-Menaquinone-4 1,000 mcg)	2,000 mcg 1,667%

Trans-Geranylgeraniol (GG-Gold*) 5 mg
[from annatto (*Bixa orellana*)(seed)]

*Daily Value not established.

Other Ingredients: Cellulose (capsule), microcrystalline cellulose, L-leucine.

Vitamin D Synergy™

Supplement Facts

Serving Size 1 capsule
Servings Per Container 120

Amount Per Serving	% Daily Value
Vitamin D (as Cholecalciferol) 50 mcg (2000 IU)	250%
Vitamin K (as Vitamin K1-Phytonadione 1000 mcg; Vitamin K2-Menaquinone-4 1000 mcg)	2000 mcg 1667%

Trans-Geranylgeraniol (GG-Gold*) 5 mg
[from annatto (*Bixa orellana*)(seed)]

*Daily Value not established.

Other Ingredients: Microcrystalline cellulose, cellulose (capsule), L-leucine.

Recommended Use: Take 1 capsule per day with a meal or as directed by your health-care practitioner.

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

Consult with your health-care practitioner about your specific circumstances and any questions you may have.

JUST THE FACTS:

Compare supplement facts to the leading brands

- Vitamin D (as D3)** – Vitamin D is a crucial vitamin to support overall health.* It promotes bone, heart, immune, and brain health, and is one of the most common vitamins that individuals may be low in.* Consider asking your doctor to test your vitamin D status to determine which serving size is best for you.
- Vitamin K1 (as phytonadione)** – Found in leafy green vegetables like kale, spinach, broccoli, cabbage, and turnip greens. Promotes normal blood clotting, which stops you from bleeding after getting a cut, and works with vitamin K2 to support bone health.* A majority of the population has suboptimal vitamin K status. Ask your doctor to evaluate your vitamin K status.
- Vitamin K2 (as MK-4)** – Features vitamin K2 as MK-4, a beneficial form found naturally within the body. Vitamin K2 is also found in fermented foods and produced from certain gut bacteria. It helps our body properly absorb and utilize calcium into our bones and teeth to help make them strong, and less likely to move the calcium to undesirable places, like our arteries (blood vessels)*.
- Geranylgeraniol (GG-Gold*)** – Found in plants like annatto, flax, sunflower, and olive oil, but often not enough for optimal status in aging individuals.* GG may help support bone strength.*

*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.