

MEGA QUINONE™

MegaQuinone™ K2-7 is a high-dose, 100% soy-free, natural vitamin K2 (MK-7) supplement formulated to support healthy bone, nerve and heart function. An outstanding, world-class product obtained in a bacterial fermentation process, this formula includes 160 mcg of vitamin K2 with vitamin K1 and chelated minerals to support enhanced bioavailability and optimal absorption.

Vitamin K-2: The MegaQuinone™ K2-7 Advantage

Vitamin K2 is a vitally important nutrient that supports and maintains the healthy function of cells, organs, nerves and muscles. Considering its significant support in calcium and glucose homeostasis, vitamin K2 is one of the most crucial food supplements. Vitamin K2 supports osteocalcin activation. Bone cells secrete osteocalcin to help maintain bone metabolism. Vitamin K2 also supports the removal of calcium from tissues and transports it to the bone where it belongs, supporting optimal bone health.

Early evidence of vitamin K2's health-supportive qualities came from Japan. Researchers noticed that adults who consumed a naturally fermented soy product rich in K2 called "natto" maintained better health than those who didn't. With over 2000 published studies in recent years, scientists have confirmed that the health benefits experienced by the Japanese, come from this crucial nutrient. In terms of the Western diet, vitamin K2 typically isn't found in sufficient quantities.

The average daily intake of vitamin K2 in the West is 15 mcg per day, far below the level required to carboxylate proteins that lead to osteoporosis, cardiovascular disease and neurological disease. A 2012 study, which aimed to determine the effective dose of K2, tested a dosing range from 10 mcg to 360 mcg. Study authors found that only the two highest dosages (180 and 360 mcg) were sufficient to obtain all the benefits of vitamin K2 and the highest dose was measurably the most beneficial. A 300+ mcg dose would reflect the average consumption of K2 in the Eastern Japanese populations—a dose that has been shown to be very effective in prevention of disease.

MenaquinGold® vitamin K2-7, is the K2 ingredient used in the formulation of MegaQuinone. It is a prescription-grade source of K2-7 and was originally created for the pharmaceutical market with a Drug Master File. MenaquinGold® is produced through the fermentation of bacillus spores and is the same quality and structure as the vitamin K2 found in Natto. However, this source of vitamin K2-7 contains no soy. MenaquinGold® has demonstrated the highest degree of stability, quality and safety.



Scan this code to learn more about MegaQuinone K2-7



Key Benefits and Features

- **Activates osteocalcin to support removing calcium from tissues and blood vessels**
- **Works with vitamin D3 to maintain healthy bone metabolism**
- **Maintains balanced metabolic function**
- **Supports healthy mitochondrial function and ATP production**
- **Provides support for healthy muscle function**
- **Maintains cardiac output and function already within normal levels**
- **Natural vitamin K2 MK-7, sourced from fermented chickpeas**
- **Chelated minerals support bioavailability and absorption**
- **Higher concentration of MK-7 than most other brands**
- **Solvent-free during production**
- **Stable at room temperature**
- **Supported by multiple new patents**
- **Published safety studies, GRAS**
- **Soy-Free, Vegan, Kosher, and Halal-certified**
- **SF International Certified for Sport**

SUPPLEMENT FACTS

Serving Size 1 Capsule
Servings Per Container 60

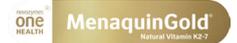
Amount Per Serving	% Daily Value	
Vitamin K2 (as menaquinone-7 [MK-7, Megaquinone™])	160 mcg	†
Vitamin K1	100 mcg	83%
Magnesium (as magnesium glycinate)	36 mg	9%
Zinc (as zinc bisglycinate)	15 mg	136%

† Daily values not established.

OTHER INGREDIENTS: Cellulose, vegetable capsule (cellulose and water).

SUGGESTED USE: Ages 5+

Take 1 capsule daily with a meal or as recommended by your healthcare practitioner.



*Reference: ISO/TS/19657 2017

1. Kaneki, M., et al. (2001). [https://doi.org/10.1016/S0899-9007\(00\)00554-2](https://doi.org/10.1016/S0899-9007(00)00554-2). 2. Geleijnse, J.M., et al. (2004). <https://doi.org/10.1093/jn/134.11.3100>. 3. Gast, G.C.M., et al. (2009). <https://doi.org/10.1016/j.numecd.2008.10.004>. 4. Knapen, M.H.J., et al. (2015). <https://doi.org/10.1160/TH14-08-0675>. 5. Choi, H.J., et al. (2011). <https://doi.org/10.2337/dc11-0551>. 6. Sato, T., et al. (2012). <https://doi.org/10.1186/1475-2891-11-93>. 7. van Summeren, M.J.H., et al. (2009). <https://doi.org/10.1017/S0007114509382100>. 8. Brugè, F., et al. (2011). <https://doi.org/10.1017/S0007114511001425>. 9. Schurgers, L.J., et al. (2007). <https://doi.org/10.1182/blood-2006-08-040709>. 10. Beulens, J.W.J., et al. (2010). <https://doi.org/10.2337/dc09-2302>. 11. Zwakenberg, S.R., et al. (2019). <https://doi.org/10.1093/ajcn/nqz147>.

MAY 2023



Want to learn more? Contact us

0845 528 1296
clinicalsupport@microbiomelabs.co.uk
www.MicrobiomeLabs.co.uk

Food supplements should not be used as a substitute for a healthy diet and lifestyle.