

Longer article:

Vitamin K2 is a very important vitamin that helps to put calcium in your bones so it doesn't accumulate in your blood vessels and your kidneys. That means less coronary artery build up and fewer kidney stones!

Vitamin K2 is good for calcium metabolism and that is good for prevention of heart attacks and strokes caused by build up of plaque in our heart and neck arteries.

It also stimulates a hormone used to direct calcium to our bones. Using the MK7 form of vitamin K2, with vitamin D3 and calcium, it really improves treatment of osteoporosis. The challenge is to get enough in our diet.

Most of our vitamin K2 comes from animal products and fermented foods but the amount varies depending on what the animal eats and how long it takes to get to your table.

The vitamin K2 produced by your gut bacteria does not provide a consistent source either. And that leaves most of us deficient in this very necessary vitamin.

So how much should you take?

If you are on anticoagulants or have a clotting disorder please talk to your doctor before starting supplementation.

Once you have the green light, the recommended daily intake is 120 mcg for men and 90 mcg for women.

Many people report anti-inflammatory effects and improved exercise endurance. These results and additional effects on insulin regulation and anticancer properties are currently being studied to understand the multiple benefits of vitamin K2.

PDG William Bean has turned the promotion of Vitamin K2 for disease prevention into a life goal. Check out his website: K2forhealth.com.

You will find more resources to help learn about this amazing vitamin and contact information to get in touch with Dr. Bean.

Shorter article:

Vitamin K2 is a very important vitamin that helps to put calcium in your bones so it doesn't accumulate in your blood vessels and your kidneys. That means less coronary artery build up and fewer kidney stones!

Researchers are discovering numerous other benefits as well including decreased inflammation and improved sensitivity to insulin.

Your diet may not consistently provide you with enough vitamin K2.

Check out PDG Bill Bean's website, K2forhealth.com, for links to resources that can give you more information including Chris Masterjohn's Resource guide.

Suggested headlines:

Researchers Identify Vitamin K2 Benefits

Researchers Point To Vitamin K2 Benefits For Both Disease Prevention And A Better Quality of Life