

Vitamin D

The body must keep calcium levels in the blood within a narrow range. The calcium regulation system accomplishes this vital function. Vitamin D is a key component of this system.

Vitamin D3 occurs naturally in certain foods including eggs and fish. Milk and orange juice are examples of foods often fortified with D3. Vitamin D3 is also derived from lanolin. D3 is the form of Vitamin D the body makes when exposed to sunlight.



The amount of Vitamin D to take as a supplement has been the subject of debate. The current Recommended Daily Allowance (RDA) is 400 IU's (International Unit). A recent study states that the safe upper limit should be raised from 2,000 IU's to 10,000 IU's per day¹. The amount of Vitamin D from food and sunlight exposure should also be considered. To determine if Vitamin D levels are within a healthy range, blood tests can be performed.

Another vital role for Vitamin D is as a potent immune system modulator performing a variety of functions². Maintaining a strong immune system is important to everyone.

Vitamin D immune support is expressed in many ways. The immune response includes production of different types of white blood cells which requires that mineral integrity be supported. Bone mineralization is directly influenced by Vitamin D. These are two significant reasons to assure healthy Vitamin D levels.



Being available in two strengths (1000 IU's and 5000 IU's), Michael's® Vitamin D3 Sublingual Sunshine™ with Vitamin K, provides dosage options to fit individual needs.

Vitamin D3 With K2

1000 IU Sublingual Tablets

Supplement Facts

Serving Size: One (1) Sublingual Tablet		
Amount Per Serving:	% Daily Value	
Vitamin D3 (Cholecalciferol from lanolin)	1,000 IU	250%
Vitamin K (Menaquinone7, MK-7) (from Soy Natto)	90 mcg	112%

OTHER INGREDIENTS: Xylitol, Sorbitol, Vegetable Stearate, Silica, Cellulose & Natural Apricot Flavor.

5000 IU Sublingual Tablets

Supplement Facts

Serving Size: One (1) Sublingual Tablet		
Amount Per Serving:	% Daily Value	
Vitamin D3 (Cholecalciferol from lanolin)	5,000 IU	1250%
Vitamin K (Menaquinone7, MK-7) (from Soy Natto)	90 mcg	112%

OTHER INGREDIENTS: Xylitol, Sorbitol, Vegetable Stearate, Silica, Cellulose & Natural Apricot Flavor.

Available In
30, 60 & 90 Counts



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1000 IU Sublingual Tablets

5000 IU Sublingual Tablets

Vitamin
D3 Sublingual
Sunshine™
With Vitamin K2



Support for the
Skeletal System❖
& the
Immune System❖

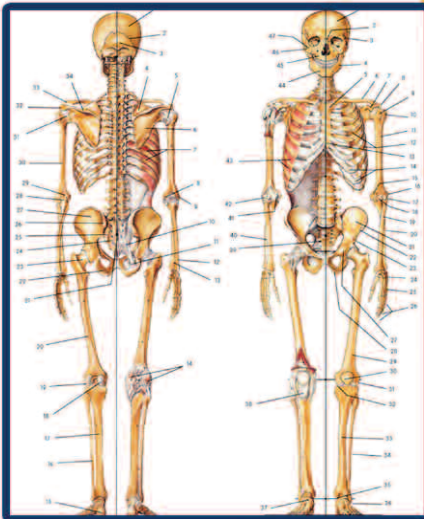
❖ This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

D3 + K2 = Bone Health + More

Our bones are vibrant, living organs. A complex matrix of minerals, collagen, fat, blood vessels, nerves and more, the bones perform many vital functions. They give us our shape, protect our internal organs and along with the muscles, make it possible for us to move.

Providing storage for minerals is another critical function of our bones, especially the long bones of the arms and legs. Production of red and white blood cells occurs within the bone marrow. A healthy skeletal system positively impacts many aspects of our health.

99% of the calcium in our bodies exists in the bones. For bones to be healthy and able to perform their many vital functions, their calcium levels must be maintained. Two of the most important nutrients in accomplishing this are Vitamin D and Vitamin K. Data suggests that the D3 form of Vitamin D and the K2 form of Vitamin K may be better absorbed.



Vitamin K

Equally important to Vitamin D in bone mineralization, Vitamin K also plays a central role in other body functions including the growth of cells³. There are three forms of Vitamin K: Vitamin K1, produced by plants, is found in green-leafy vegetables like broccoli and spinach; Vitamin K2 which is produced by bacteria in our intestines, and Vitamin K3 that is synthetically produced. Vitamin K2 can also be produced outside of the body by the natto bacterium (*Bacillus subtilis natto*)⁴.



Natto is a condiment popular in Japan. It is made from soybeans that have been steamed, mashed and fermented with an inoculation of the natto bacterium. It has a flavor similar to strong cheese.

In terms of bone health, there are Vitamin K-dependent proteins that play a key role in bone mineralization. Studies now show that Vitamin K2 has a very positive impact on bone health⁵. In fact, randomized studies show that K2 is effective in preventing fractures⁶.

There is significant research-based evidence showing the superiority of Vitamin K2 versus Vitamin K1 for bone health. Vitamin K2 is more available biochemically and stays in the blood stream longer than K1. These facts make K2 much more effective in supporting bone mineralization⁷.

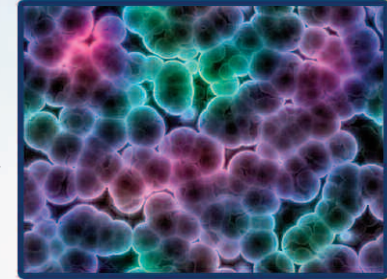


Vitamin K also plays a pivotal role in boosting immune activity through its influence on the growth of the various cells of the immune system.



Sublingual Vitamins

Supplements come in many forms. Sublingual vitamins are designed to allow absorption through the mucous membranes of the mouth directly into the bloodstream. The sublingual form is taken under the tongue. This form is preferred by some consumers for several reasons, such as having trouble swallowing pills.



Vitamin D and Vitamin K can be absorbed sublingually. The D3 and K2 forms of these fat soluble vitamins are thought to be better absorbed. Therefore, using Vitamin D and K in the efficient sublingual form may maximize the positive impact on bone health. **Michael's**[®] Vitamin D3 Sublingual Sunshine[™] with Vitamin K2 is a powerful ally in supporting a strong skeletal system.

Our Immune Systems Are Challenged

In everyday life, one is faced with challenges to the immune system from many sources:

**Allergens Stress Obesity
Toxic chemicals in food, air and water**

Sources Cited:

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- 4 Suttie J.W. Handbook of Vitamins. Machlin L.J. Ed. New York: Marcel Dekker. 1984. Pp. 147-198.
- 5 Knapen M.H. *et al.* Osteoporosis International. 2007 Jul. 18 (7): 963-72.
- 6 Iwamoto J. *et al.* Nutrition Research. 2009 Apr. 29 (4): 221-8.
- 7 Schurgers L.J. Blood. 2007; 109 (8) Pp. 3279-3283.