



## 7 Facts About Vitamin K2

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K Vitamins are a group of fat-soluble vitamins. The two most known are Vitamin K1 and Vitamin K2.

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Vitamin K2 is found in fermented foods such as cheese.

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Over the last 50 years, Vitamin K2 intake in western countries has dropped by 50%.

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K vitamins can only be made in very small levels by the body, so people are largely dependant on regular intake from food or supplements.

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The function of Vitamin K2 is to help the body coagulate blood, bind calcium to the surface of bones and prevent calcium from depositing in arteries.

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Vitamin K2 is essential for mitochondrial function, which is a process of the cells that turns nutrients into energy.

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Scientific studies have shown that Vitamin K2 has a strong protective effect on cardiovascular health.

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For more information go to [www.kabru.org](http://www.kabru.org)

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