

# ADK Evail™

Balanced Source of Vitamins A, D, and K with Vitamin E Isomers\*

**ADK Evail™** is a fat-soluble vitamin supplement featuring 5,000 international units (IU) of vitamin D, in addition to beneficial amounts of vitamin A, vitamin K, and vitamin E isomers (tocotrienols) in one convenient softgel capsule. These vitamins work together to help promote bone, heart, and immune health.\*

This formula is designed to help support fat-soluble vitamin balance in the body.\* It is very important to keep supplemental intake of the fat-soluble vitamins in balance with each other to help them function properly in the body. Supplementing with high doses of one fat-soluble vitamin alone can create an imbalance that disrupts essential interactions with other fat-soluble vitamins.

In addition, ADK Evail™ is made using the Designs for Health Evail™ technology to promote maximum nutrient absorption and delivery in the body. This process utilizes quillaja extract (from bark of the *Quillaja saponaria* tree) and is a patented form of geranylgeraniol (GG-Gold™) extracted from annatto seeds.

## Ingredient Highlights

- Supplies vitamin D as cholecalciferol (D3), the same type of vitamin D made in the skin from sun exposure
- Provides preformed vitamin A as retinyl palmitate, a readily usable form in the body
- Offers multipronged vitamin K support, including K1 (phytonadione) and K2 (menaquinone-4 or MK-4), plus geranylgeraniol (GG), which is a building block of K2
- Includes vitamin E isomers as DeltaGold® delta and gamma tocotrienols, which are naturally derived

## Ingredient Functions

**Vitamin D** helps regulate the absorption and use of calcium to promote strong bones and teeth.\* Vitamin D also helps to regulate immune system responses in the body.\* Lower blood levels of vitamin D are associated with an increased risk for respiratory infections.\*

**Vitamin A** helps support eye, bone, and thyroid gland health.\* In addition, vitamin A promotes the health of the skin and the linings of the respiratory and digestive tract, which are part of the body's frontline defense against unwanted organisms.\*

**Vitamin E isomers**, including delta and gamma tocotrienols, are important members of the vitamin E family. Tocotrienols may help support bone health and have high antioxidant activity.\* Antioxidants help neutralize free radicals, which can damage the body's cells.\*

**Vitamin K** in the form of K1 supports normal blood clotting.\* Much of K1 is converted to K2 in the body. Vitamin K2 (as MK-4) activates a protein that binds newly absorbed calcium and helps integrate it into the bones and teeth.\* At the same time, K2 may help prevent calcium deposits in the arteries.\*

**Geranylgeraniol (GG)** supports the production of vitamin K2 (as MK-4) in the body.\* Our body's production of GG generally declines during aging. In addition, the use of certain medications (particularly for treating high cholesterol and osteoporosis) can inhibit GG production.

**Recommended Use:** Take one softgel per day or as directed by your health-care practitioner.

**Warning:** Vitamin K may adversely interact with anticoagulation drugs known as blood thinners. Consult your health-care practitioner before using this product if you are taking Coumadin, warfarin, or any other anticoagulant medications.

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

\*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.

TO CONTACT DESIGNS FOR HEALTH, PLEASE CALL US AT (860) 623-6314, OR VISIT US ON THE WEB AT WWW.DESIGNSFORHEALTH.COM.

## ADK Evail™ may support:\*

- Density and strength of bones and teeth
- Immune system function
- Heart and artery health and function
- Health and maintenance of skin, hair, and nails
- Eyesight, including color vision and night vision
- Thyroid gland function
- Antioxidant activity against free radicals
- Those with difficulty absorbing fat-soluble vitamins