designs for health®

BRF 45™

*Supports bone health and strength**

BRF060 | 60 softgels



Designs for Health's most advanced vitamin K2 formula that targets bone health with clinically studied ingredients.* **BRF 45™ features 45 mg of vitamin K2 (as MK-4), the research-backed amount shown to promote bone strength, arterial health, and help support the normal bone remodeling process in women and men, which can be adversely affected by hormones and aging, such as during menopause and andropause.***

BRF 45™ may provide nutritional support for individuals who are at risk of bone loss, bone fracture, arterial stiffness, and other relevant conditions in which high amounts of vitamin K1 and/or vitamin K2 may be beneficial.*

There are two forms of vitamin K essential for our health: **vitamin K1**, primarily found in dark leafy greens, and **vitamin K2 (as MK-4)**, which is only found in animal-based, nose-to-tail foods like grass-fed butter and meats, full-fat cheeses, and pastured eggs. MK-4 is the preferred and most abundant form of vitamin K2 in humans.*

MUSCULOSKELETAL HEALTH*

- Supports optimal bone health and strength*
- May help maintain optimal calcium and collagen content in bones*
- Promotes arterial elasticity and integrity*
- May benefit those taking certain medications that may increase demand for vitamin K*

Supplement Facts

Serving Size 2 softgels
Servings Per Container 30

Amount Per Serving		% Daily Value
Vitamin K (as Vitamin K1 Phytonadione)	1000 mcg	833%
Vitamin K2 (as Menaquinone-4)	45 mg	*
Trans-Geranylgeraniol (GG-Gold®) [from annatto (*Bixa orellana*)(seed)]	30 mg	*

*Daily Value not established.

Other Ingredients: Medium chain triglycerides, bovine gelatin, glycerine, purified water.

Recommended Use: Take 2 softgels per day with meals, or as directed by your health-care practitioner (divided dosing recommended; 1 softgel with breakfast and 1 softgel with lunch or dinner).

Warning: Consult your health-care practitioner before using this product if you are taking Coumadin, warfarin, or other anticoagulant medications.

Ask your qualified health-care practitioner if you take medications that increase your need for vitamin K and GG.

JUST THE FACTS:

Compare supplement facts to the leading brands

- An essential fat-soluble vitamin needed for normal blood clotting and activation of bone-building proteins*
- Helps activate the bone-building protein that binds calcium and helps move it into our bones and teeth, where we want it, instead of being deposited into our arteries.* It also helps promote the bone remodeling process.*
- GG, short for geranylgeraniol [juh-RAN-il juh-RAN-ee-awl], is a building block of vitamin K2 and is added to promote vitamin K2 (as MK-4) production.*
- Softgel delivery for enhanced nutrient absorption

***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.**

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