

# Tri-K™

Three Pathways to Vitamin K



Tri-K™ is a synergistic blend of vitamins K1 and K2, along with geranylgeraniol (GG), that work together to promote optimal delivery of vitamin K2 (as MK-4) to tissues supporting normal blood clotting, bone mineralization, and arterial elasticity.\* Two softgels deliver 4,000 mcg of vitamin K1 (as phytonadione), 1,000 mcg of vitamin K2 (as menaquinone-4 [MK-4]), and 35 mg GG-Gold® (a patented form of GG) to support vitamin K status in the body.\*

Both forms of vitamin K are important to our health. Vitamin K1 is the naturally occurring form found predominantly in leafy green vegetables, whereas vitamin K2 (as MK-4) is found in pastured eggs, grass-fed butter, meat, and some cheeses.

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

Due to the crucial role of this fat-soluble vitamin for blood clotting, bone health, and cardiovascular health, Tri-K™ may provide nutritional support for individuals who are at risk of bone loss, bone fracture, arterial stiffness, and other relevant conditions in which high doses of vitamin K1 and/or vitamin K2 may have beneficial effects.\*

## Benefits\*

- Supports optimal bone and joint health
- Supports cardiovascular health
- May help support normal arterial elasticity and its collagen content
- May help support individuals taking certain medications that may increase demand for vitamin K

## Highlights

- Offers multi-pronged vitamin K support
- Two softgels provide 4,000 mcg of vitamin K1 and 1,000 mcg of vitamin K2 (as MK-4)
- Supports the conversion of oral vitamin K1 and vitamin K2 (as MK-4) to stored vitamin K2, as MK-4 via inclusion of GG, which is a building block of vitamin K2
- Softgel delivery for enhanced absorption and bioavailability

## Recommended Use

Take 1 softgel twice daily with a meal or as directed by your health-care practitioner.

**To contact Designs for Health, please call us at (860) 623-6314, or visit us on the web at [www.designsforhealth.com](http://www.designsforhealth.com).**

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

\*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.