

ADK-5

This nutraceutical is a combination of three essential vitamins that supports normal bone health in men and women. Together vitamin D3 and K2 are vital in producing osteocalcin, a protein secreted in bones that helps strengthen them. Vitamin A supports these two vitamins, as well as the immune system. This combination has been designed to help maintain normal bone density and strength.

Osteocalcin is a protein that assists with remodeling our bones by both reabsorbing older bone and laying down new healthy bone. Vitamin D3, the “sunshine vitamin,” is vital in producing osteocalcin. However, D3 needs help from vitamin K2, a cofactor that is essential to the bone strengthening process.[1] Vitamin A supports these two vitamins, as well as the immune system and a healthy heart.[2] When taken daily, Biote ADK 5 promotes the positive effects of bioidentical hormone replacement therapy and may help maintain normal bone strength. This combination includes vitamin A as retinyl palmitate, vitamin D3 as cholecalciferol, and vitamin K2 as menaquinone-7. Biote ADK 5 contains 5,000 IU of vitamin D3 per capsule.

Form:

Capsules

Serving Size:

1 capsule

Number of Servings Per Bottle:

90

Suggested Use:

Take 1 capsule daily, or as directed by your healthcare practitioner.

Allergies:

This product is soy free, dairy free, and gluten free.

Active Ingredient:

Vitamin A (as Retinyl Palmitate) 1.5 mg, Vitamin D (as Vitamin D3) (5,000 IU) 125 mcg, Vitamin K (as MK-7) 500 mcg.

Other Ingredients:

Microcrystalline, Cellulose, Hypromellose (derived from cellulose) capsule, Calcium Laurate.

Warnings:

As vitamin K interferes with the effect of anti-coagulant drugs (like Coumadin), the concurrent use of these agents should be avoided.

References:

Zhang Yu, FangFang, TangJingjing, Jia Lu, Feng Yuning, Xu Ping et al. Association between vitamin D supplementation and mortality: systematic review and meta-analysis BMJ 2019; 366 :l4673.

BollandMark J, Grey Andrew, Avenell Alison, Gamble Greg D, Reid Ian R. Calcium supplements with or without vitamin D and risk of cardiovascular events: reanalysis of the Women’s Health Initiative limited access dataset and meta-analysis BMJ 2011; 342 :d2040

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.