



CHEWABLE D3 & K2

GLUTEN FREE

NATURAL SPEARMINT FLAVOR
D3 2000 IU • K2 1000 mcg

PIONEER® Chewable D3 & K2 dietary supplement uses the superior forms of these two critical nutrients. Vitamin D3 and K2 are intended to provide nutritive support for bone and overall health.

According to a 2009 article in the *Archives of Internal Medicine* based on the results of examining 13,369 people, more than 75% of adults and teens in the USA have insufficient vitamin D levels. Many of us spend our days inside without sun exposure, our natural source of vitamin D. In recent years, with more people working in offices, we have seen vitamin D levels in the population decline. We use vitamin D3 in **PIONEER® Chewable D3 & K2**, a natural form of vitamin D that provides superior absorption and utilization. Vitamin D3 is the form that most healthcare practitioners prefer.

Recent research has found vitamin K to be an important compound for health and wellness. In particular, the form of vitamin K2 known as *menatetrenone* (or MK4) has been the subject of many clinical studies of bone health in Japan.

CONSIDER THESE PIONEER® ADVANTAGES:

1. Superior Form & Amount Of Vitamin D

Vitamin D3, or *cholecalciferol*, is the superior form of Vitamin D. Vitamin D3 has been found to be more potent than Vitamin D2 in several studies. According to one study that examined the blood levels of vitamin D3 and D2 in people over time, vitamin D3 was found to be from 3.4 to 9.4 times as potent as D2.

Vitamin D is a fat-soluble vitamin that is synthesized in the skin from 7-dehydrocholesterol. It is also found in limited amounts in a diet that includes fish, cheese, egg yolk and beef liver. More than 75% of the U.S. population has vitamin D insufficiency largely due to decreased sun exposure in modern society. However, increasing your sun exposure to increase vitamin D levels is not always a good choice due to the harmful effects of ultraviolet radiation from the sun on the skin.

Vitamin D has been one of the most researched nutrients in modern history and appears to play many important roles in human health:

- Vitamin D provides nutritive support for bone strength and comfort
- Vitamin D provides nutritive support for muscle strength and comfort
- Vitamin D provides nutritive support for joint comfort
- Vitamin D provides nutritive support for immune health
- Vitamin D provides nutritive support for normal energy levels
- Vitamin D provides nutritive support for uplifted mood in winter months

2. Superior Form & Amount of Vitamin K

Vitamin K is the general term for a group of structurally related compounds that are important for normal blood clotting. Vitamin K1 and K2 are the forms typically found in the human body. Vitamin K2 refers to a group of compounds known as *menaquinones*. In one study, at least 50-60% of the circulating vitamin K in healthy individuals was in the form of vitamin K2. There are several forms of vitamin K2 that have been found in the human body and two of these forms are used in supplementation. We use *menatetrenone* (also known as menaquinone-4 or MK-4) which is the most researched form of vitamin K2. Menatetrenone has a long history of use in Japan. Several clinical studies of menatetrenone have been performed in Japan and it is widely used in the country to help provide nutritive support for bone strength.

Osteocalcin is a vitamin K dependent protein that is a component of the bone protein matrix and appears to play a role in bone mineralization. *Matrix Gla protein* is another vitamin K dependent protein that is believed to prevent arterial calcification.

Similar to Vitamin D3, the research on Vitamin K has been increasing rapidly. Vitamin K appears to play a role in many aspects of human health:

- Vitamin K provides nutritive support for bone health and strength
- Vitamin K provides nutritive support for cardiovascular health
- Vitamin K provides nutritive support for immune health

3. Refreshing Burst Of Natural Mint Flavor

These tasty little chewables provide a refreshing and invigorating mint taste from our custom blend of natural spearmint and peppermint flavors. You will enjoy the pleasure of taking each tiny chewable as it lifts your spirits and freshens your breath.

4. Naturally Sweet, Without Sugar!

Xylitol and *maltitol* are plant-based sugar alcohols. These remarkable low-glycemic sweeteners contain few calories and are noted for their tooth-friendly characteristics – ideal for use in a chewable tablet. Organic stevia is also included in this formula.

5. Verified Gluten-Free As with all PIONEER® formulas, *Chewable D3 & K2* is made with strictly gluten-free raw ingredients and every batch of finished product is laboratory tested to below the low detectable limit of 10 ppm gluten/gliadin proteins.

Bottles of 90 Chewables Serving Size 1 Chewable	AMOUNT PER SERVING	%DV
Vitamin D (as D3) (cholecalciferol)	2000 IU	500%
Vitamin K (as K2) (menatetrenone) (MK4)	1000 mcg	1250%

† Percent Daily Value based on a 2,000 calorie diet * Daily Value (DV) not established.

Other ingredients: xylitol, maltitol, cellulose, vegetable stearic acid, natural spearmint flavor, dextrose (carrier), vegetable magnesium stearate, silica, natural peppermint flavor, organic stevia. 11.11

NOTE: Some ingredient details may be abbreviated on actual product labels.

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