



Vitamin K2: Understanding How a Little Known Vitamin Impacts Your Health

Kristie Leong M.D., Apollo Leong M.D.

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With so much focus on vitamin D, it's surprising you don't hear more about vitamin K2. A number of studies show a link between vitamin K2, bone health and heart health. Is vitamin K2 a nutrient you need more of in your diet? As physicians, we feel everyone needs to be aware of the role this vitamin plays in health and wellness. This concise ebook explores the link between vitamin K2 and how it may protect against some of the most common diseases you're at risk for as you age. Here are some of the questions this book will answer:

The Role of Vitamin K in Your Body

How Vitamin K2 Differs from Vitamin K1 and Why Most People Don't Get Enough of It

The Various Isoforms of Vitamin K2 and Which Ones Are Most Important for Health

The Role Vitamin K2 Plays in Bone Health and Osteoporosis Prevention

Vitamin K2 and Heart Disease: Can It Lower Your Risk or Even Reverse Atherosclerosis?

Do You Need a Vitamin K2 Supplement?

Vitamin K2 and Cancer: Is There a Link?

The Role Vitamin K2 Plays in Dental Health

Are You at Risk for Vitamin K Deficiency?

Can You Get Enough Vitamin K2 Through Diet Alone?

The Best Dietary Source of Vitamin K2

Why You Must Have Vitamin K2 if You Take a Vitamin D Supplement

Are There Risks to Taking a Vitamin K2 Supplement?

One Type of Vitamin K2 Supplement Source You Should Avoid

You should have a better understanding of the health benefits of vitamin K2 once you finish.

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