



Nutriden Announces Vitamin K Helps Support Healthy Bones

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Nutriden Launches New Bone Health Formula Containing Vitamin K

As part of the company launching into the marketplace, Nutriden is launching its new Bone Health product that contains Vitamin K, which has been associated with supporting bone density and reducing risk of bone fractures.

The University of Marilyn Medical Center describes Vitamin K and its role as, "a fat-soluble vitamin, so your body stores it in fat tissue and the liver. It is best known for its role in helping blood clot, or coagulate, properly. The "K" comes from its German name, Koagulationsvitamin."

Building bone density is important in reducing the risk of osteoporosis, osteoarthritis, and bone fractures. Studies cited by The National Center for Biotechnology Information have associated the following with Vitamin K intake:

"human intervention studies have demonstrated that Vitamin K can not only increase bone mineral density in

osteoporotic people but also actually reduce fracture rates.

? human intervention studies show there is evidence in that Vitamins K and D, a classic in bone metabolism, works synergistically on bone density.

? human intervention studies show emerging evidence that Vitamin K(1) at a much lower dose may also benefit bone health, in particular when coadministered with Vitamin D.

Vitamin K is often referred to as "the forgotten vitamin," because many of its other benefits besides its role in helping blood clot are overlooked, or, are not known. Recent research has shown that having adequate Vitamin K is important in preventing heart disease, osteoporosis, diabetes, and even Alzheimer's disease. Additionally, people who are taking or have taken antibiotics for other health conditions should be aware that antibiotics can reduce the absorption of Vitamin K in the body. By taking them for more than 10 days, it might lower levels of Vitamin K because these drugs kill not only harmful bacteria but also the bacteria that make Vitamin K.

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Nutriden Inc

Nutriden Inc. is a privately held company committed to providing its customers a brand Nutritional Supplements that is first and foremost safe and of the highest quality, potency, and efficacy.

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