RECOVERYbits Chlorella Contains High Vitamin K2 (200 x beef)

Vitamin K2 Essential for Brain Health, Bone Health and Preventing Heart Disease

ENERGYbits spirulina and chlorella algae tablets have been tested by a third party. These tests have confirmed they contain high levels of Vitamin K2 (particularly chlorella algae which has twice the amount of Vitamin K2 as spirulina algae). All leafy greens contain Vitamin K. But it is virtually impossible to find food sources of Vitamin K2 which can ONLY be found in grass fed protein and dairy and in fermented foods like natto. The absence of Vitamin K2 in our diet for the last fifty years has contributed to the dramatic rise in heart disease, dementia, Alzheimer’s disease and osteoporosis. In this short summary and supporting scientific evidence, you will learn how essential Vitamin K2 is to preventing heart disease and why chlorella algae tablets like RECOVERYbits are the safest, simplest and most affordable best way to correct any Vitamin K2 deficiencies and help protect yourself from heart disease, Alzheimer’s and osteoporosis.

RECOVERYbits chlorella algae has the highest documented amount of Vitamin K2 of any food

Food Sources of Vitamin K2:

- RECOVERYbits chlorella 240 mcg/100 g
- ENERGYbits spirulina algae 130 mcg/100 g
- Egg yolks: 15.5 mcg/100g
- Chicken: 13.6–31.6 mcg/100g
- Salami: 9 mcg/100g
- Cheese: 4.7–10.2 mcg/100g
- Beef: 1.1–9.3 mcg/100g
- Pork: 0.2–9.9 mcg/100g
- Milk: 0.8–1.0 mcg/100 g
- Sauer Kraut: 0.4 mcg/100g

Source:
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3941825/table/tbl1
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3941825/table/tbl2/

Vitamin K2, also known as the menaquinones, is responsible for moving calcium out of places like blood vessels where it shouldn’t be, and into bones and teeth where it should be safely stored and available for ensuring bone health. Vitamin K2 has also been found to be essential for brain health and for the regulation of some cellular functions in the human body, regulation of cell growth, and maintenance of the arterial wall. Vitamin K2 is also known as menaquinones. There’s two main type of Vitamin K2: MK-4 and MK-7 which has a much longer half-life than
the synthetic K1, which means it stays in your system for longer. Vitamin K2 has been found to inhibit heart disease, osteoporosis and brain disorders like Alzheimer’s disease

https://www.ncbi.nlm.nih.gov/pubmed/11461163

How Vitamin K2 Works

Vitamin K is a cofactor for γ-glutamylcarboxylase, which increases the rate of the carboxylation of glutamic acid to γ-carboxyglutamic acid. The carboxylation of glutamic acid makes it possible for proteins to be able to bind with calcium, which in turn is important in blood clotting (coagulation). Calcium binding is also an integral part of bone health and strength benefits of Vitamin K2

1) Vitamin K2 Helps Prevent Osteoporosis and Improves Bone Health

In order for your bone to take in calcium, it needs something called osteocalcin to bind to the calcium, which is released by bone cells (osteoblasts). Osteocalcin needs K2 to become fully activated and bind to calcium.

Vitamin K2 maintains and improves bone mineral density. In a study done on post-menopausal women, participants with a higher level of Vitamin K2 helped prevent bone fractures and improve bone strength. If the bone isn’t taking in the calcium, then more of it is getting stuck in your arteries, which cause them to harden. Studies have found up to an 80% reduction in fractures in osteoporosis patients with K2 supplements like chlorella algae. Vitamin K2 deficiency can lead to arterial defects and osteoporosis. Low levels of Vitamin K were linked to increased inflammation, fractures, and bone pain.

2) Vitamin K2 Helps Prevent Heart Disease

There’s an association between higher intake of vitamin K2 and lower risk of heart disease. For every 10 micrograms of K2 consumed per day, the risk of heart disease was reduced by 9%. Vitamin K2 prevents calcium from being deposited in the arteries, which helps prevent heart disease. People with the highest intake of Vitamin K2 were 52% less likely to develop calcification of the arteries and had a 57% lower risk of dying from heart disease, over a 7-10 year period. In a 3 year, double-blinded randomized controlled trial, 500μg/d of K1 supplementation was associated with reduced calcification of the arteries in the heart.

3) Vitamin K2 Makes Your Teeth Stronger

As mentioned, K2 is important for osteocalcin to work fully. Osteocalcin stimulates the growth of new dentin, which makes your teeth stronger.
4) Vitamin K2 Decreases Inflammation

High Vitamin K levels are associated with lower inflammation rates and K2 like that found in RECOVERYbits chlorella algae was able to decrease CRP. Vitamin K2 is also involved with inflammatory cytokines. Poor levels of Vitamin K are associated with a high level of cytokines, which cause bone loss. However, even when patients took Vitamin K2 supplements, their cytokine concentration did not change.

5) Vitamin K2 May Help Autoimmune Conditions

Vitamin K2 administration was shown to help fight against an animal model of a brain autoimmune condition similar to multiple sclerosis. In people with rheumatoid arthritis, a daily dose of 45mg Vitamin K2 was shown to prevent other diseases.

6) Vitamin K2 Boosts Mitochondrial Function

Vitamin K2 helps transport electrons in the mitochondria, similar to ubiquinone, which helps boost mitochondrial function and create energy. However, in mice liver cells, it wasn’t able to replace all the functions ubiquinone. In a fly model of Parkinson’s, K2 was able to help by improving the mitochondria. Vitamin K2 with an electron has anti-oxidant properties [R] and can prevent glutathione depleted neuronal death in cultured neurons.

7) Vitamin K2 May Help Some Cancers

Higher vitamin K2 (but not K1) intake was linked to a 63% lower risk of advanced prostate cancer. In lung cancer cell lines, Vitamin K2 was helpful in destroying cancer. Studies show clinical benefits of using Vitamin K2 for the treatment of the patients with acute leukemia and myelodysplastic syndromes. Clinical trials have shown that vitamin K2 reduces recurrence of liver cancer and increases survival times (hepatocellular carcinoma). Meta-analyses failed to find any benefits regarding recurrence of liver cancer after a year of supplementation, but slight benefits in years 2 and 3 (3-year study). Vitamin K2 goes well with other treatments such as
chemotherapy, where it was shown to help prevent the growth of tumors and cancerous cells. An increase in dietary intake of vitamin K is associated with a reduced risk of cancer in a Mediterranean population at high cardiovascular disease. Technical: Growth arrest-specific gene 6 (Gas6) is a protein that is dependent on Vitamin K. Gas6 kills cancer cells and stops cancer growth. Without Vitamin K, Gas6 would not be able to function.

8) Vitamin K Helps the Brain

Vitamin K2 is the principal form of vitamin K that the brain uses. Vitamin K2 (MK-4) was found to represent greater than 98% of total vitamin K in the brain, irrespective of age. Studies have found that patients with early-stage Alzheimer’s disease consumed less vitamin K than did cognitively intact control subjects. Vitamin K’s effects are hypothesized as a result of “sphingolipid metabolism.” Vitamin K2 (MK-4) was found to be positively correlated with sulfatides and sphingomyelin.

9) Vitamin K2 Lowers the Risk of Dying From All Causes

An increase in dietary intake of vitamin K is associated with a reduced risk of dying from all causes in a Mediterranean population at high cardiovascular disease.

10) Vitamin K2 Lowers Insulin Resistance

Vitamin K2 supplementation for 4 weeks increased insulin sensitivity in healthy young men (mechanism was through carboxylation of Osteocalcin). A different study found insulin resistance to decline in older men, but not women.

11) Vitamin K2 MAY Prevent Some of the Negative Effects of Statins and Vegetable Oils

Vegetable oils, Statins and warfarin share, in part, a common mechanism to inhibit vitamin K2-dependent processes, which is interpreted to lead to increased onset of Cardiovascular Disease, Diabetes, Chronic Kidney Disease, bone fractures and even mental disorder. Therefore, taking K2 can help with the side effects of these drugs and oils.

Other

Any issue that is worsened by calcification may be helped by K2. For example, kidney stones, heel spurs or even skin health.

Increasing Vitamin K2 Naturally
Take RECOVERYbits chlorella algae every day. Our chlorella has 200 x more Vitamin K than grass fed beef (per 100 grams). K2 is generally higher in the fat of animals, especially those that are grass fed. K1 is found in plants. Dietary intake of vitamin K2 accounts for up to 25% of total vitamin K intake [R].

Humans cannot convert vitamin K1 to K2 in the body. Vitamin K2 can only be produced by gut bacteria of animals in the large intestine or by lactic acid bacteria. Noted below are the levels of K2 from animals in the US that are NOT grass fed. Japan has higher values for all of these foods, while the Netherlands is mixed.

- **Ghee** from grass fed animals
- **Chicken**: 13.6–31.6 micrograms/100g
- **Pork**: 0.2–9.9 micrograms/100g
- **Beef**: 1.1–9.3 micrograms/100g
- **Egg yolks**: 15.5 micrograms/100g
- **Salami**: 9 micrograms/100g
- **Milk**: 0.8–1.0
- **Cheese**: 4.7–10.2 micrograms/100g
- **Sauer Kraut**: 0.4 micrograms/100g
- **Natto (fermented soy beans)**: 939-998 micrograms/100g of MK7

Other general categories of food:

- Fermented foods
- Liver and other organs
- Dairy products from grass-fed animals (cheese, curds, yogurt, milk)

**Interesting fact**: Small Intestinal Bacterial Overgrowth (SIBO) causes a leaky gut and an increase in vitamin K1

**Vitamin K2 Deficiency Risks**

Population-based studies have linked high dietary intake of preformed vitamin A (retinol) to a greater risk of osteoporosis and hip fracture. This is because vitamin A competes with Vitamin K2 and Vitamin D3, both of which are important for bone health. Broad-spectrum antibiotics can contribute to K2 deficiency as a result of killing bacteria that produce K2. If you are taking a bile acid sequestrant such as cholestyramine, that will increase your need for K2, since K2 is

**Bacteria Which Produce Vitamin K2**

Menaquinones produced by bacterial species commonly used in industrial food fermentations
<table>
<thead>
<tr>
<th>Species/subspecies</th>
<th>Food use</th>
<th>MK-5</th>
<th>MK-6</th>
<th>MK-7</th>
<th>MK-8</th>
<th>MK-9</th>
<th>MK-10</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>Lactococcus lactis</em> subsp. <em>lactis</em></td>
<td>Cheese, buttermilk, sour cream, cottage cheese, cream cheese, kefir</td>
<td>√</td>
<td>√</td>
<td>√</td>
<td>√</td>
<td>√</td>
<td>√</td>
</tr>
<tr>
<td><em>Lactococcus lactis</em> subsp. <em>cremoris</em></td>
<td>Cheese, buttermilk, sour cream, cottage cheese, cream cheese, kefir</td>
<td>√</td>
<td>√</td>
<td>√</td>
<td></td>
<td>√</td>
<td></td>
</tr>
<tr>
<td><em>Leuconostoc lactis</em></td>
<td>Cheese</td>
<td>√</td>
<td>√</td>
<td>√</td>
<td></td>
<td>√</td>
<td></td>
</tr>
<tr>
<td><em>Brevibacterium linens</em></td>
<td>Cheese</td>
<td>√</td>
<td></td>
<td></td>
<td></td>
<td>√</td>
<td></td>
</tr>
<tr>
<td><em>Brochontrix thermophacta</em></td>
<td>Meat</td>
<td>√</td>
<td>√</td>
<td>√</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><em>Hafnia alvei</em></td>
<td>Cheese</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>√</td>
<td></td>
</tr>
<tr>
<td><em>Staphylococcus xylosus</em></td>
<td>Dairy, sausage</td>
<td>√</td>
<td>√</td>
<td>√</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><em>Staphylococcus equorum</em></td>
<td>Dairy, meat</td>
<td>√</td>
<td>√</td>
<td>√</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><em>Arthrobacter nicotinae</em></td>
<td>Cheese</td>
<td>√</td>
<td>√</td>
<td>√</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><em>Bacillus subtilis “natto”</em></td>
<td>Natto</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>√</td>
<td></td>
</tr>
</tbody>
</table>

**Safety of Vitamin K2**

There is no known toxicity associated with this vitamin [R].

Source: [https://www.selfhacked.com/blog/top-10-science-based-benefits-vitamin-k2/#8_Vitamin_K_Helps_the_Brain](https://www.selfhacked.com/blog/top-10-science-based-benefits-vitamin-k2/#8_Vitamin_K_Helps_the_Brain)

[https://www.westonaprice.org/health-topics/cod-liver-oil/vitak-test-results/](https://www.westonaprice.org/health-topics/cod-liver-oil/vitak-test-results/)

**ENERGYbits Spirulina & Chlorella Algae Tablets are the Safest & Best Source of Vitamin K2**

ENERGYbits spirulina and chlorella algae tablets have been tested by a third party. These tests have confirmed they contain high levels of Vitamin K2 (particularly chlorella algae which has twice the amount of Vitamin K2 as spirulina algae). All leafy greens contain Vitamin K. But it is virtually impossible to find food sources of Vitamin K2 which can ONLY be found in grass fed protein and dairy and in fermented foods like natto. The absence of Vitamin K2 in our diet for the last fifty years has contributed to the dramatic rise in heart disease, dementia, Alzheimer’s disease and osteoporosis. In this short summary and supporting scientific evidence, you will learn how essential Vitamin K2 is to preventing heart disease and why chlorella algae tablets like RECOVERYbits are the safest, simplest and most affordable best way to correct any Vitamin K2 deficiencies and help protect yourself from heart disease, Alzheimer’s and osteoporosis.
Heart disease is the NUMBER ONE cause of death in the UK, the USA and the entire western world.

Just as the calcium in hard water can clog pipes and ruin your dishwasher and sprinklers, calcium can be incorrectly deposited in the lining of our arteries.

Calcium in the arteries is part of Atherosclerosis – hardening of the arteries. When arteries become narrow, hard, or inflexible, blood pressure increases to push blood through those narrow channels. This results in high blood pressure, and may actually be the main cause of Hypertension and ultimately heart disease and heart attacks. Unfortunately most doctors however are not aware of this.

However research into heart disease has recently discovered that contrary to what has previously been believed, cholesterol IS NOT the cause heart attacks. Heart attacks and heart disease are caused by inflammation and arterial calcification which is caused by calcification/calcium build up in the arteries.
Arterial calcification contributes to cardiovascular disease

Coronary artery calcification is an independent predictor of cardiovascular disease. Arterial calcification is the result of calcium deposit build-up within the vascular smooth muscle cells, reducing the elasticity of the vessel and resulting in arterial stiffness. This type of arterial happens in addition to, the calcification associated with atherosclerotic plaques.

Studies have also reported that calcium deposits in arterial walls affect nearly 30% of Americans over the age of 45. Although vascular stiffening commonly increases with age (arteriosclerosis), vascular calcification increases the risk of cardiovascular events independent of age (atherosclerosis).

Arterial calcification leads to stiffness in the vessel wall, reducing the ability of the vessel to be flexible. The vessel loses the facility to expand outward to accommodate blood flow — a flow that is moving through an already reduced diameter vessel because of calcified plaque build-up within the vessel.

As a result, the heart must work harder to push blood through the rigid, reduced-diameter vessel, which increases the risk of cardiovascular events. A study in patients with cardiovascular disease showed that the degree of aortic-valve calcification was inversely associated with event-free survival. In other words, severe calcification resulted in a poor patient prognosis.

source:
The ONLY way to get the calcium out of the arteries is Vitamin K2 which binds to calcium and moves it into bones and teeth where it can be safely stored. The main source of K2 is GRASS FED animal meat and dairy. But grass fed animal meat and dairy is hard to find and very expensive so it is not a viable solution for the vast majority of people. Another source of Vitamin K2 is fermented foods like Natto (which is very pungent and rarely eaten outside of Asia) so this is also not a viable solution for ensuring you have your daily requirement of Vitamin K2. Supplements are also not the solution since your body only absorbs about 5%-10% of them and your stomach acid destroys most of them before you can even absorb them. The lack of Vitamin K2 in our diets helps explain the high incidence of heart disease. And since humans are not able to create their own K2, we must obtain it from our diets. But there has simply not been an easy, fast, safe food source of Vitamin K2. Until now. Our algae is that source.

This report from NIH sums it up:

“Recent scientific evidence suggests that elevated consumption of calcium supplements may raise the risk for heart disease and can be connected with accelerated deposit of calcium in blood-vessel walls and soft tissues. In contrast, vitamin K₂ is associated with the inhibition of arterial calcification and arterial stiffening. An adequate intake of vitamin K₂ has been shown to lower the risk of vascular damage because it activates matrix GLA protein (MGP), which inhibits the deposits of calcium on the walls. Vitamin K, particularly as vitamin K₂, is nearly nonexistent even in a healthy Western diet. Vitamin K deficiency results in inadequate activation of MGP, which greatly impairs the process of calcium removal and increases the risk of calcification of the blood vessels. An increased intake of vitamin K₂ could be a means of lowering calcium-associated health risks.”

Source: Vitamin K2 as a Promoter of Bone and Cardiovascular Health Katarzyna Maresz PhD Feb 14 2015 PMCID: PMC4566462 https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4566462/

Vitamin K Reverses Arterial Stiffness

Source: http://www.lifeextension.com/Magazine/2017/11/As-We-See-It/Page-01  Nov 2017

Healthy arteries expand and contract smoothly with each heartbeat. With age, soft tissues such as arteries stiffen and lose youthful flexibility. The phrase “hardening of the arteries” describes loss of arterial elasticity and obstructed blood flow. This “hardening” is an important predictor of heart attack and stroke. In severe cases, the aortic artery becomes so stiff and brittle that it cannot be repaired.

This is how actress Lucille Ball died. Lucy, with her incredible fame and fortune, perished from the structural failure of the largest artery (the aorta) in her body.

Arterial stiffness is associated with increased risk of cardiovascular disorders, dementia, and death. When the aorta stiffens, it elevates blood pressure as the heart must pump harder to force blood through the body. Factors that contribute to arterial stiffness include inflammation, glycation, hypertension, and poor glucose control.
In 2007, an animal study demonstrated significant reduction of arterial calcification in response to vitamin K supplementation and a landmark human clinical trial using vitamin K2 demonstrated significant reductions of arterial stiffening in humans. This research and subsequent studies have proven that Vitamin K2 restores youthful flexibility to aging blood vessels and other soft tissues. As people age past 65 years, the cumulative buildup of soft-tissue calcification sharply elevates incidence of stroke, heart failure and aortic valve stenosis.

Each year more than five million Americans are diagnosed with heart valve disorders. Without treatment, about 50% of those with symptomatic aortic stenosis will die within two years. The more rational approach to reducing this epidemic of vascular disorders is to block soft-tissue calcification by taking Vitamin K2 and to start taking it earlier in life. Like now.

How is Vitamin K2 created?

Vitamin K2 is created by bacteria found in the gut of animals. These bacteria are able to convert the Vitamin K1 found in green leafy plants/grass into Vitamin K2 which stays in the animals flesh and we absorb the Vitamin K2 from the animal protein or dairy when we eat it. But it is important to understand that Vitamin K2 is found ONLY in grass fed animals.

When it was first discovered that animals could convert the Vitamin K1 found in leafy greens and grasses to Vitamin K2, it was also believed that humans could do the same thing but this has been proved to be wrong. Humans do not have the same gut bacteria that animals have to allow this conversion so our Vitamin K2 must come from an exogenous (outside) food source.

Short list of Vitamin K2 Benefits:

41% are less likely to develop heart disease
63% lower risk for prostate cancer
81% fewer non-spinal fractures (source: http://www.lifeextension.com/Magazine/2016/11/Vitamin-K2/Page-01)
60% fewer spinal fractures and 77% fewer hip fractures)
Reduces rheumatoid arthritis
Induces apoptosis in cancer cells (especially leukemia) which causes the cancer cells to die

- It prevents calcium from going into all the wrong places and makes sure it gets into all the right places. For example, it keeps it out of your kidneys, where it would cause kidney stones, and keeps it out of your blood vessels, where it would cause heart disease, but helps it to get into your bones and teeth, making your bones strong and your teeth resistant to cavities.
- It helps you make insulin and remain very sensitive to insulin. This means it helps stabilize your blood sugar, protects against diabetes, and prevents the metabolic problems that often arise as a consequence of obesity.
- It promotes sexual health by helping you optimize your sex hormones. For example, it increases testosterone and fertility in males, and it helps bring the high levels of male hormones found in women with polycystic ovarian syndrome (PCOS) back down to normal.
- It helps improve exercise performance by enhancing your ability to utilize energy during bouts of physical activity.
- It protects against cancer by suppressing the genes that make cells cancerous and expressing the genes that make cells healthy.

How are Vitamin K1 and Vitamin K2 Different?

For the last decade there has been a great deal of attention placed on Vitamin K2 which is found in dark leafy greens like Kale and Spinach. Vitamin K is found in leafy greens like kale and spinach and is known for its ability to support liver functioning and blood clotting (it stops blood flow if you are injured). However Vitamin K1 and Vitamin K2 are as different from one another as night and day. It is essential that you not only understand the difference but you also need to understand that humans CANNOT CONVERT Vitamin K1 into Vitamin K2. Only animals can do this. Not us.

Amounts of Vitamin K1 and K2 in Single Serving of ENERGYbits algae:

<table>
<thead>
<tr>
<th>ENERGYbits Algae tablets</th>
<th>K1</th>
<th>K2</th>
<th>K2 per 100 grams</th>
<th>TOTAL K</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chlorella (RECOVERYbits)</td>
<td>146 mcg</td>
<td>19.2 mcg</td>
<td>240 mcg</td>
<td>165</td>
</tr>
<tr>
<td>Spirulina (ENERGYbits/SKINNYbits)</td>
<td>92 mcg</td>
<td>10.4 mcg</td>
<td>130 mcg</td>
<td>102.4</td>
</tr>
</tbody>
</table>

As the chart above shows, both ENERGYbits spirulina and RECOVERYbits chlorella algae contain Vitamin K1 and Vitamin K2. Chlorella algae contain almost twice the amount of Vitamin K as spirulina.
1. Since the “Adequate Daily Intake” for women for **TOTAL Vitamin K (K1 + K2)** is **90 mcg**, a daily single serving (30 tablets) of our algae tablets exceed the daily amount so you can be assured of getting all the nutritional protection from Vitamin K that you need.

2. Chlorella algae provides almost twice the Adequate Daily Amount of Total Vitamin K.

3. Algae tablets are an excellent vegan source of K2.

4. All other food sources of Vitamin K1 and K2 require cooking, cleaning, food prep and clean up. But since ENERGYbits algae tablets are swallowed or chewed in seconds and are easy to travel with, they offer the fastest, safest, purest source of both Vitamin K2 and also K1.

5. Studies have shown that **45 mcg of Vitamin K2 per day will REDUCE arterial calcification (and thus heart attacks)**. **RECOVERYbits chlorella contain 19.2 mcg of Vitamin K2**. Two servings of RECOVERYbits may offer the nutritional protection you need to prevent heart disease.

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**Links to Articles about Vitamin K2**

- [http://greenbeandelivery.com/healthytimes/foodnutrition/vitamin-k2-is-essential-for-heart-health/](http://greenbeandelivery.com/healthytimes/foodnutrition/vitamin-k2-is-essential-for-heart-health/)
- [https://chriskresser.com/vitamin-k2-the-missing-nutrient/](https://chriskresser.com/vitamin-k2-the-missing-nutrient/)
- [https://chrismasterjohnphd.com/2016/12/09/the-ultimate-vitamin-k2-resource/](https://chrismasterjohnphd.com/2016/12/09/the-ultimate-vitamin-k2-resource/)
- [https://www.healthline.com/nutrition/foods-high-in-vitamin-k#section1](https://www.healthline.com/nutrition/foods-high-in-vitamin-k#section1)
- [https://www.healthline.com/nutrition/vitamin-k2#section7](https://www.healthline.com/nutrition/vitamin-k2#section7)
- [https://www.healthline.com/nutrition/vitamin-k1-vs-k2](https://www.healthline.com/nutrition/vitamin-k1-vs-k2)
- [https://www.healthline.com/nutrition/fat-soluble-vitamins#section5](https://www.healthline.com/nutrition/fat-soluble-vitamins#section5)
- [https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4566462/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4566462/)
- [https://www.nutraceuticalbusinessreview.com/technical/article_page/Vitamin_K2_new_research_conﬁrms_essential_role_in_heart_health/114933](https://www.nutraceuticalbusinessreview.com/technical/article_page/Vitamin_K2_new_research_conﬁrms_essential_role_in_heart_health/114933)
- [https://www.nutraceuticalbusinessreview.com/technical/article_page/Vitamin_K2_MK7_prevention_and_treatment_of_arterial_calciﬁcation/123944](https://www.nutraceuticalbusinessreview.com/technical/article_page/Vitamin_K2_MK7_prevention_and_treatment_of_arterial_calciﬁcation/123944) (there is paragraph from this article in my summary)
- [http://www.lifeextension.com/Magazine/2017/11/As-We-See-It/Page-01](http://www.lifeextension.com/Magazine/2017/11/As-We-See-It/Page-01)
- [https://draxe.com/top-10-vitamin-k-rich-foods/](https://draxe.com/top-10-vitamin-k-rich-foods/) - this list is for K1

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**What is methylation**


**methylation and brain health**


**myelin sheath – how to improve**

[https://www.selfhacked.com/blog/myelin/#When_Does_Myelin_StopIncreasing](https://www.selfhacked.com/blog/myelin/#When_Does_Myelin_StopIncreasing)
Vitamin K2 - scientific report
https://academic.oup.com/advances/article/3/2/204/4557944
Vitamin K2 stops cancer – NIH study
https://www.ncbi.nlm.nih.gov/pubmed/26503869
Vitamin K2 stops Alzheimer’s – NIH study
https://www.ncbi.nlm.nih.gov/pubmed/11461163
Vitamin K2 stops Parkinsons, Prostate Cancer and more
http://vitamink2.org/?benefit=research-continues
Neurogenesis and redox signaling
Phytonutrients
https://www.livescience.com/52541-phytonutrients.html
Flavanoids
https://www.livescience.com/52524-flavonoids.html
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2593006/
http://lpi.oregonstate.edu/mic/dietary-factors/phytochemicals/flavonoids#cognitive-function
ATP improves brain functioning
Oxidative Stress reduced by antioxidants
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3410958/

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. If you are pregnant, nursing, taking medication, or have a medical condition, consult your physician before using this product.

To learn more or to purchase your algae tablets, please visit www.energybits.com