

Sisel's *CalciumK2* bone building support product has vitamin D3 (the best form of the D vitamins) for increasing calcium use and health. However Vit K2 has actually been shown to be far superior in promoting bone growth than Vit D. It does so, in scientific tests of the ingredient, by increasing the production of osteocalcin in osteoblasts, which allows calcium to anchor to bone and thus build bone. K2 also inhibits the production of osteoclasts, which break down bone. In our opinion and that of many other leading research scientists, nothing does it better than Vit K2, far and away superior to any form of Vit D. By combining Vit K2 and Vit D3, scientists believe, they act in synergy together where the total results could be far superior to their individual use only.

Vitamin K2 supplementation, in studies, reduced the progression of existing CAC (Coronary Artery Calcium) in older men and women when taken with recommended amounts of calcium and vitamin D. The mechanisms by which vitamin K2 conferred a protective role are still uncertain," wrote the researchers. Notably, in test studies where adequate levels of Vit K2 were introduced into the body, it was abundantly present in the aorta of the heart....and no calcification of the artery was present. A significant finding for consideration.

The amount of K2 in 4 tablets of Sisel's CalciumK2, (our daily recommended dose) is: 640 iu. This study says 10-20 iu had no effect and this is what many products contain. The RDA of Vit K2 is 100 iu & Vit D3 200 iu. The study for bone absorbance recommended between 600-800 iu of Vit D. Vitamin D3 in CalciumK2 is within that range but also contains 320 iu of Vit K2. Vit K2 is unknown to most people and is an extremely expensive ingredient. It is estimated to be up to as much as 10X more effective in bone building than the D vitamins but has an even greater potential when in combination with Vitamin D3 to synergistic act together.

Various forms of calcium are used in competitive dietary supplements and are very different. CaCO₃ (calcium carbonate) is the most common form and generally derived from ground up oyster or chicken egg shells. It is what coral calcium, "with its ridiculous marketing claims", is made up of also. Whatever the claims, calcium carbonate is calcium carbonate and facts are facts i.e. CaCO₃ is very inexpensive to use and only around 3% absorbable. Even with the 40% absorption increase attained by adding Vit D; it is still only about 4.2% absorbable i.e. (40% of 3% is 1.2% thus 4.2% absorbable) A major health concern is that "lead" naturally occurs with calcium carbonate. Scientists ascertain that about twice as much lead could be absorbed as calcium. With the low ratio of calcium absorbance, a person needing 1,000 mg supplementation of calcium a day (with a 4% calcium carbonate absorbance rate) would have to take around 50 ea of a 500 mg calcium tablet per day. Taking 50 pills a day is seemingly impossible thing to do but then considering the high costs this amount of product entails and the large amounts of lead that could be absorbed with that ratio also, it is not a viable option.

Other forms of calcium are used by some companies to provide higher levels of calcium. Problematically they are usually in the low teens or 20 % ranges of calcium absorbance, still requiring many tablets per day to get adequate levels of calcium into the body. Calcium supplements like these are generally out of balance with other minerals vital for health and for healthy normal bone growth. For example: if magnesium is out of balance it will neutralize the absorbance of calcium. If magnesium is too low in the ration, a person's energy levels could decline.

Sisel's CalciumK2 utilizes 3 different forms of calcium to maximize effectiveness. Milk Calcium extract, in CalciumK2, is a "casein" form comprised of the 7 major minerals (including calcium) necessary for normal and healthy bone. Casein also contains a natural protein fraction enabling the minerals utilization and binding to the bone matrix. Magnesium and phosphorous are also added to boost and complete the formulations mineral component ratio and volume requirements. The mineral complex in CalciumK2, Sisel believes is as close to perfection as a bone building supplement can be. The bio-available power of Vitamin K2 & D3 added, in high dosage levels, makes the formulation complete.

In conclusion: CalciumK2 contains 320 iu, along with 640 iu of Vit D3 - in conjunction with three (3) bio-available calcium complexes, backed by the seven (7) major minerals making up bone, along with extra magnesium, potassium in the best and proper balance ratio to calcium, Sisel believes possible. Sisel strongly believes and advocates there is not a single bone building support product in the world that even comes close to providing the results CalciumK2 offers.

Drug Interactions

Menaquinone (K2) is capable of blocking the blood thinning action of anticoagulants like warfarin, which work by interfering with the action of Vitamin K1. It also reverses the tendency of these drugs to cause arterial calcification in the long term.