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VITAMIN D3 + K2

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NEW ZAPIENS MEMBER

Introduction: Why Vitamin D3 +K2 and Not only Vitamin D3?

Most scientific studies reveal that Vitamin D3 works best when combined with K2. Especially since D3 forces calcium to be absorbed in bones and not accumulate in kidney tissues and stay rampant in the blood.

Ref: [The Synergistic Interplay between Vitamins D and K for Bone and Cardiovascular Health: A Narrative Review - PMC](#)

Also mentionned here:

https://newzapiens.com/community/biogena/do-you-prefer-vitamin-d3-drops-or-vitamin-d3-combined-with-vitamin-k2?utm_source=newzapiens.beehiiv.com&utm_medium=newsletter&utm_campaign=ultimate-health-gift-guide-2025&_bhlid=5dea7e9b68ddec2de9b2e115fa9e025e51c30c42



Floris Roltsch · 1 month ago (edited)

Saw my serum calcium go up outside normal range on high dose D3 without K2, have switched to lower dose D3 + K2 since. Just my n=1 data

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Ref:

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Ref: My Vitamin D3+K2 Combination.

2 Things which make it good:

- D3+K2 Both are CoFactors
- Secondly, it is in lipid form. Vitamin D3 in tablets or other water soluble is not properly absorbed in the blood. It needs to lipids encapsulated or in oil format.

If you want to get good Ablation Studies of Vitamins: <https://examine.com/>

Is the place to go.