



Food4Hope & Purple Cushhh D3 & K2

D3 (cholecalciferol) is the form of vitamin D that your skin produces when exposed to sunlight. Supplements may supply D3 via animal sources or lichen (for vegan versions).

Vitamin K2 is one of the forms of vitamin K (K1 is phylloquinone, found mostly in leafy greens). K2 (menaquinone) is found in fermented foods (e.g. natto), animal products, and produced by some gut bacteria.

Ingredients

Vitamin D3 & Vitamin K2

Key characteristics and uses of D3 & K2:

Bone health / strength.

Cardiovascular / vascular health.

Balance / proper calcium metabolism.

Immune & general health.

Potential protection from soft tissue calcification.

