



**Alato**

**39**

Type: **Bone metabolism**

### Indications

**Vitamin K2 (menachinone, MK):** it is produced by bacteria. High quantities are present in the intestine but unfortunately it is not absorbed and is expelled into the stool. It goes directly into the walls of blood vessels, bones and tissues, as well as into the liver. It is present in fermented foods, especially in cheese and in the Japanese food Natto.

### Recommended daily intake:

The ideal dosage is 100-200mcg per day

### Physiological value:

Vitamin K2 helps to stabilize blood clotting and bones strengthening.

### Method of preservation:

store in a cool place, protected from light.

### Contains:

100 tablets of 385 mg, total net weight 38.5 g e

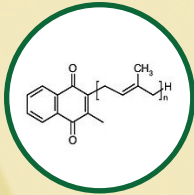
In the same family:

### ALATO 36 - oily extract

Bone metabolism



## HERBS PRESENT IN THE PRODUCT



### VITAMIN K2

Vitamin K has a direct and delicate connection with vitamin D; vitamin D improves bone development by helping calcium intake, vitamin K2 directs calcium to the skeleton (also magnesium), preventing deposition in internal organs, joints and arteries.

Calcium deposits not correctly directed to skeleton contribute to the creation of the arterial plaque (atherosclerosis), hence the term "hardening of the arteries".

Vitamin K2 activates the hormone osteocalcin, which is secreted solely by osteoblasts. Osteocalcin is necessary to bind calcium in the bone matrix and helps to prevent calcium deposits in the arteries.

This leads to the delicate connection between vitamin K and vitamin D mentioned before. Vitamin D helps to absorb calcium, while vitamin K directs it to the bones preventing the creation of the arterial plaque.

For this reason if you take supplements of calcium and vitamin D without the right amount of vitamin K it may be more dangerous than not taking anything at all.



**Alato**  
**39**



*la fenice*

**La Fenice sas**

Via Sempione 14 - 21029 Vergiate (VA)  
Tel: +39 0331964868 - Fax: +39 0331942119  
[www.lafenicesas.it](http://www.lafenicesas.it) - [info@lafenicesas.it](mailto:info@lafenicesas.it)