

K2 +D3 by Supplemental Wellness

Vitamin D is a critical vitamin that is technically a hormone. This chart provides guidance on how high your level should be. For some of us, the level should exceed 100 ng/ml. Ask your doctor to check your level twice a year. In the winter, we typically fall short. If your doctor won't draw your level, ask why. It's critical for your good health. If they still say no, please contact me and I can facilitate the draw.



IOM Systems Medicine
Orthomolecular Medicine for the 21st Century

Vitamin D (25[OH]D) Clinical Guidance

A TPIM Framework for Safe, Effective, and Affordable Health Optimization



TPIM = Safe • Effective • Affordable • Mass-Applicable

SERUM 25(OH)D LEVELS	INTERPRETATION	CONSUMER GUIDANCE	PHYSICIAN GUIDANCE
< 20 ng/mL	Deficiency Increased risk for many health conditions	Take action to raise Vitamin D • Lifestyle + sensible sun † • Vitamin D ₃ supplementation	Correct deficiency Recheck in 8–12 weeks
20 – 30 ng/mL	Insufficiency Suboptimal for many health outcomes	Increase Vitamin D • Optimize sun exposure, diet and consider supplementation	Supplement to achieve > 30 ng/mL Recheck in 3 months
30 – 50 ng/mL	Normal / Sufficient Meets basic needs for bone and general health	Maintain your level • Continue healthy habits and monitor periodically	Maintain or optimize Consider individual factors (e.g., age, BMI, health status)
50 – 100 ng/mL	TPIM Recommended Range (Optimal) Associated with best overall health outcomes	Your optimal zone • Supports immunity, heart, brain, mood, metabolism & longevity • Safe, effective & well tolerated	Recommended target for most people Monitor periodically
100 – 150 ng/mL	Therapeutic Range Potential additional benefits for selected conditions	For specific health goals • Autoimmune, cancer, chronic inflammatory conditions • Under medical supervision	Consider for selected patients Monitor calcium and 25(OH)D levels
150 – 200 ng/mL	Potential Toxicity Zone Risk begins to increase	Caution • Avoid excessive supplementation • Get medical advice	Closely monitor Assess calcium, kidney function, medications, and symptoms
> 200 ng/mL	High Risk for Toxicity Significant risk of adverse effects (e.g., hypercalcemia)	Not safe • Stop high-dose supplements • Seek medical attention	Medical evaluation required Risk of hypercalcemia and other complications



TPIM PRINCIPLE: Deficiency and toxicity define the boundaries.

Optimal health may require targeting the upper range of the safety window.



Test
Know your 25(OH)D level



Personalize
Find your optimal range



Integrate
Lifestyle, nutrition, sensible sun, quality supplementation



Maintain
Retest periodically and adjust as needed

★ **TPIM in Action**

Better Health. Lower Cost. Longer Life.
A practical framework to translate evidence into real-world, affordable health for all.



TPIM PRINCIPLES

- ✓ Safe
- ✓ Effective
- ✓ Affordable
- ✓ Mass-Applicable

Why 50–100 ng/mL for Most People?

- ✓ Strongest evidence for overall benefits
- ✓ Wide safety margin
- ✓ Supports immunity, heart, bones, brain, mood & longevity
- ✓ Affordable and accessible for all

Based on the evidence review:

Grant WB, Wimalawansa SJ, Pludowski P, Cheng RZ.

Vitamin D: Evidence-Based Health Benefits and Recommendations for Population Guidelines.

Nutrients. 2025;17(2):277.

This guidance is for educational purposes and not a substitute for medical advice. Always consult a qualified healthcare professional for personalized recommendations.

I-OM.ai

In the Supplemental Wellness K2 + D3 formulation, you not only get a superior quality and quantity at 7,500 IU (or 187.5 mcg). You also get 100 mcg of the MK-7 form of vitamin K2. Why is that important? The following information was obtained from a *BrightAnswers.ai* search that was conducted on September 30, 2026.

“MK-7 (menaquinone-7) is a specific, long-chain form of vitamin K2, and understanding what it does requires first distinguishing it from its better-known cousin, vitamin K1. Vitamin K is a fat-soluble vitamin historically recognized for its role in blood clotting, but the two primary dietary forms perform very different functions. Vitamin K1 (phyllloquinone) is found in leafy green plants and is primarily responsible for hepatic coagulation, whereas vitamin K2 (a family of compounds called menaquinones) works synergistically with calcium, magnesium, and vitamin D to maintain bone, dental, heart, and skin health [A-1]. Among the menaquinone subtypes, MK-7 is widely regarded as the most bioavailable and longest-lasting form in the bloodstream, which is why it is the preferred supplemental form for cardiovascular and skeletal protection [A-3][A-5].

“The central mechanism of MK-7 is what researchers describe as a "crossing guard" function for calcium. Vitamin K2 activates proteins—specifically osteocalcin and matrix Gla protein (MGP)—that direct calcium into bone tissue while preventing it from depositing in arteries and soft tissues [A-5]. As one source explains,

"vitamin K gets calcium to the appropriate place in the body, a unique and essential action. It also prevents calcium from building up in the wrong places, such as when associated with hardening of the arteries or arterial plaque buildup" [A-5]. This is why vitamin K2 deficiency actually produces symptoms resembling vitamin D toxicity, including inappropriate calcification of soft tissues that can lead to atherosclerosis [A-1][A-2].

"The clinical evidence for MK-7 is substantial. The 2004 Rotterdam study, which followed 4,807 adults aged 55 and older for nearly a decade, found that participants with higher vitamin K2 intake had a lower relative risk of coronary heart disease mortality, all-cause mortality, and severe aortic calcification—while vitamin K1 intake showed no such relationship [A-1][A-2]. A 2009 study of more than 16,000 women found that coronary heart disease risk dropped 9 percent for every 10 micrograms of vitamin K2 consumed [A-1][A-2]. Furthermore, a 2015 study published in *Thrombosis and Haemostasis* found that taking 180 mcg per day of MK-7 for three years improved arterial stiffness in postmenopausal women, particularly those with high baseline arterial stiffness [A-1][A-2]. Studies have even revealed that sufficient quantities of the correct form of K2 can reverse arterial calcification [A-5].

"For bone health, the evidence is equally compelling. A 2018 Polish study published in *Nutrients* found a correlation between increased vitamin K2 levels and lower rates of bone fractures in children, with researchers specifically noting the importance of the MK-7 form [A-1][A-2]. Low vitamin K levels have been clinically associated with osteoporosis, a condition that weakens bones and dramatically increases fracture risk [A-6]. Vitamin K2 also plays a role in supporting healthy immune function and suppressing genes that promote cancer [A-1][A-2].

"Practical dosing guidance varies, but many sources suggest around 150 mcg of vitamin K2 daily, with some studies using 180 to 200 mcg per day [A-2]. An effective daily dose of supplemental MK-7 ranges between 100 to 150 micrograms [A-5]. Dr. Kate Rheaume-Bleue recommends taking 100 mcg of vitamin K2 for every 1,000 IUs of vitamin D [A-2]. Because K2 is fat-soluble, it must be taken with dietary fat—avocado, coconut oil, grass-fed butter, or animal products—to be absorbed [A-2]. The best natural food source of MK-7 is natto, a fermented soy dish traditional to Japan for over 1,000 years, followed by aged cheeses, sauerkraut, and grass-fed dairy [A-3][A-5]. Notably, vitamin K2 appears to be nontoxic, with even "overdose" levels given for years showing no adverse effects [A-2]."

K2 + D3 120 caps MSRP \$55 SW price \$40 (*new stock due Oct 15*)
(*While it lasts! Current stock was manufactured in 2024, asking \$30*)
Protocol MK-7 160 mcg 60 tabs MSRP \$32 SW Price \$30

I recommend 1 Supplemental Wellness K2+D3 capsule a day, along with 1 – 2 MK-7 tablets for optimal coverage. Always take with your largest meal.



In Good Health Cheryl Wisdom Murphy MS RN FAARFM

References:

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- [A-2] "Vitamin K2 Helps Prevent Heart Disease and Os - [NaturalNews.com](https://www.naturalnews.com/093020-vitamin-k2-heart-disease.html), December 30, 2009" by [NaturalNews.com](https://www.naturalnews.com/)
- [A-3] "Anh Feature Calcium Supplements Heart Attack Vitamin K2 and Bone Health Essentials - ANH International, May 30, 2012" by ANH International - [ANHInternational.org](https://www.anhinternational.org/)
- [A-4] "Efsa Denies Vitamin K2s Unique Role in Preventing Vascular Calcification - ANH International, July 04, 2012" by ANH International - [ANHInternational.org](https://www.anhinternational.org/)
- [A-5] "Forgotten greens deliver superior vitamin K for bone and blood health - [NaturalNews.com](https://www.naturalnews.com/041620-vitamin-k-healthy.html), April 16, 2026" by [NaturalNews.com](https://www.naturalnews.com/)
- [A-6] " - Alliance for Natural Health, March 08, 2018" by Alliance for Natural Health - [ANH-USA.org](https://www.anh-usa.org/)