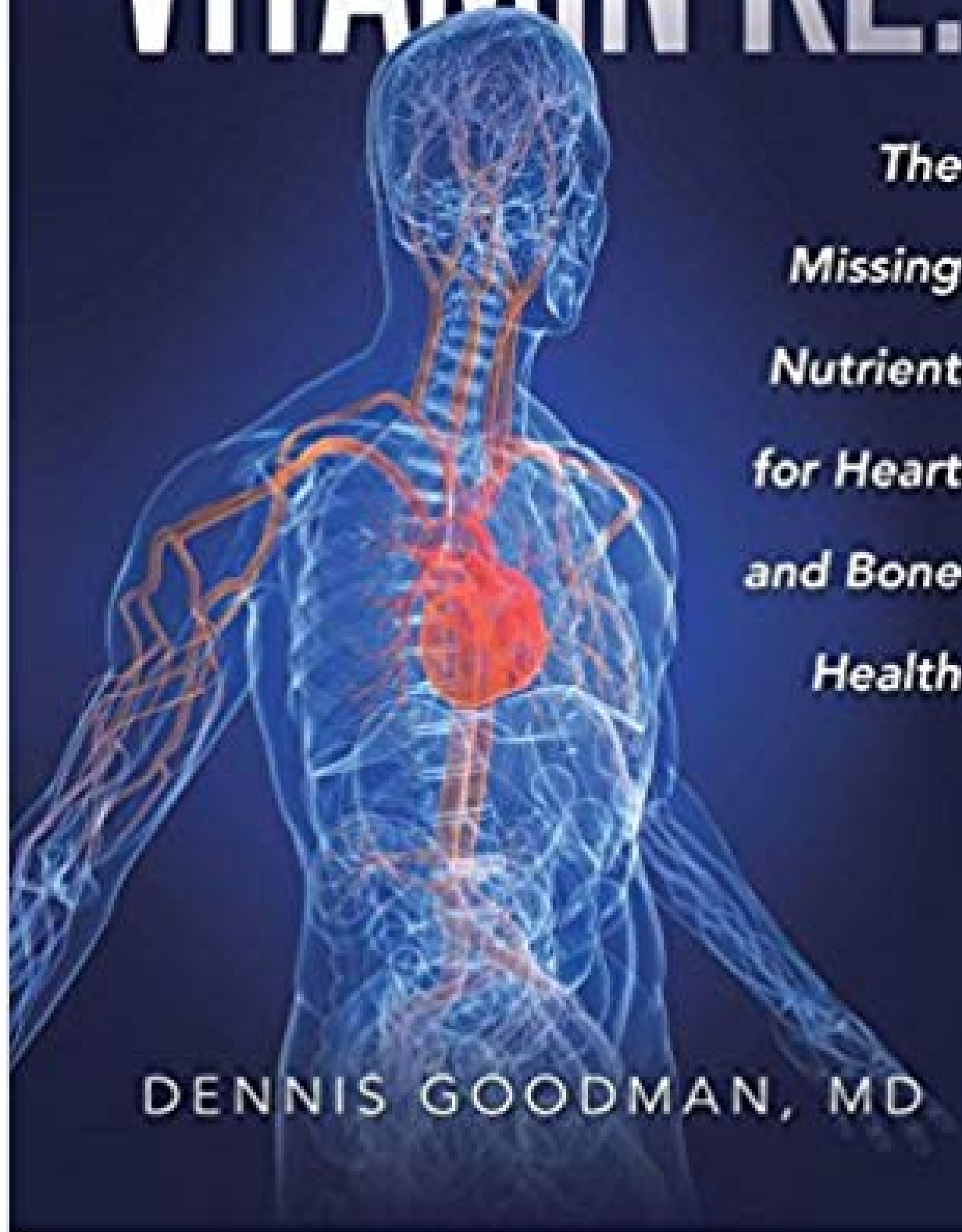


# VITAMIN K2:

*The  
Missing  
Nutrient  
for Heart  
and Bone  
Health*

DENNIS GOODMAN, MD



Dennis Goodman

## Vitamin K2: The Missing Nutrient for Heart and Bone Health



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With "Supplement K2: The Missing Nutrient for Heart and Bone Wellness" Dr. There's now an impressive body of analysis showing that Supplement K2 plays an intrinsic role making certain our bones grow strong and our hearts and blood vessels stay healthy. Dr. Providing clear and concise information, he puts readers in relation to find out more for themselves and continue the discussion making use of their own doctor. In the event that you value your bones and center health-and without doubt you do-this reserve is crucial read.Some people know that Vitamin K1 is important for bloodstream clotting, but relatively few know about Vitamin K2 and its own essential function in bone and heart health. Goodman presents the most recent and most impressive research studies, and also insights on diet, workout, and stress reduction, as a discussion between doctor and patient. Dennis Goodman has devoted himself to researching minerals and vitamins so that he can educate his patients which products to take-who needs them, how much, and why.



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