LiveGood D3-K2 2000: Dosage, Blood Thinner Caution & Common Questions

LiveGood: Vitamins & Hormones · https://coachluke.com/docs/livegood-d3-k2-2000-dosage-blood-thinner-caution-common-questions/

Quick reference for LiveGood Organic D3-K2 2000. The full review covers the complete label and the evidence in depth.

How do I take it?

Take 1 to 2 capsules a day with food, ideally a morning meal with a little fat, since both vitamins are fat-soluble. Each bottle holds 60 capsules: two months at one a day, or one month at two.

What is in it?

Each capsule has 50 mcg (2,000 IU) of organic vitamin D3 from organic fermented culture media and 90 mcg of vitamin K2 as MK-7. The capsule is organic pullulan with organic rice hulls. Badges show USDA Organic, vegan, non-GMO and gluten free.

One capsule or two?

Start with one. Two capsules is 4,000 IU, the adult upper limit, so only stay at two if a 25-hydroxy vitamin D blood test shows you need it. Ask your doctor to add the test at your next checkup, then retest after a couple of months.

Why is K2 included?

D3 raises calcium absorption, and K2 activates the proteins that help direct calcium into bone. LiveGood's multivitamins have no vitamin D or K, so this is the usual add-on to the women's or men's multi.

Who should check with a doctor first?

If you take a blood thinner such as warfarin (Coumadin), do not start this without your doctor. Vitamin K directly changes how warfarin works, and even a steady daily dose may mean your dose or INR checks need adjusting. Also ask first if you have kidney disease, high calcium levels, or a condition such as sarcoidosis, or are pregnant or nursing.

How long until I notice anything?

If your vitamin D level was low, raising it takes weeks to a few months. Some people notice steadier energy or mood; people with normal levels may notice nothing, which is why a blood test is the best way to judge. Results vary.

What if it does not work for me?

Every order carries LiveGood's 90-day money-back guarantee. See the guarantee explained for how it works.

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