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known vitamin could'

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May 17th, 2020 - what is the calcium paradox patients taking higher doses of vitamin d and calcium for the prevention of osteoporosis may have an increased risk of developing atherosclerosis and heart disease due to excessive calcium buildup in why is vitamin k2 important vitamin k2 tells calcium where to go it directs''vitamin k2 and the calcium paradox by rheaume bleue kate

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May 24th, 2020 - the truth is without the addition of vitamin k2 such a health regimen could prove dangerous without vitamin k2 the body cannot direct calcium to the bones where it is needed instead the calcium resides in soft tissue like the arteries leading to a combination of osteoporosis and atherosclerosis or the dreaded calcium paradox'

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'vitamin k2

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d3 and magnesium calcification is more likely''the calcium paradox revisited kidney news

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in mostly green vegetables while vitamin k2 the more bioavailable form is found in mostly animal products or fermented foods'

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May 19th, 2020 - cutting edge science check out pub med for more of the latest studies although many are included in the book vitamin k2 is vital to take it if you are taking vitamin d and or calcium especially if you have osteoporosis or any heart condtion vitamin k2 decalcifies the soft tissues arteries etc and put the calcium in to the bones'

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'vitamin k2 benefits for dental health ask the dentist

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