

PERFECT K2D3

OWNER'S HANDBOOK

How to use — **and benefit from** —
your Perfect K2D3.

ACTIVATION



INTRODUCTION

First things first, let's start with a thank you for purchasing your own bottle of Perfect K2D3 and for joining us on our journey toward helping millions heal.

With this one simple purchase, you will unlock an ancient secret that will take you down the path to better health and an improved quality of life.

By adding Perfect K2D3 to your daily routine, you'll soon start to notice **regulated calcium metabolism, better bone health and even improved immune system.**

In this handbook, you'll discover...

- **general use instructions**
- **for a stronger, healthier body**
- **5 benefits of Perfect K2D3**
- **answers to frequently asked questions**
- **success stories, shared by customers like you, excited about leading healthier lives with Perfect K2D3**



GENERAL USE



Vitamins K2 and D3 regulates 'calcium metabolism' - a process that supports the movement of calcium into your gut and out of your gut.

Both vitamins are necessary to prevent your soft tissue from calcifying, and help deliver calcium to the all right places in your body.

Most people are deficient in vitamins K2 and D3. K2 and D3 are not easily bioavailable in the foods we eat. That's why it's important that you supplement the two vitamins for optimal health.

We recommend: Take 0.5ml (17 drops) per day or as directed by your healthcare practitioner. May be put on food or mixed with water or juice.

It's important to remember that in order to get the full range of benefits, you should use this oil daily.

Over the next few pages, you'll not only discover the best ways to use Perfect K2D3, but you'll also learn about all the unique and incredible things Perfect K2D3 can do for your body.

FOR A STRONGER, HEALTHIER BODY

Calcium is the most abundant mineral in your body

99% of calcium occurs in bones and teeth. The remaining 1% found in the blood and soft tissues. Calcium is what helped your bones grow during your childhood. Adequate intake of calcium combats the decline of bone mass, supports bone recovery, and prevents fractures. Research shows that a 10% increase in bone mass at the end of adolescence can lead to a 50% decrease in the risk of fractures later in life. This alone shows the importance of getting enough calcium intake throughout all stages of life - especially among post-menopausal women, children and older adults.

K2 and D3 go hand-in-hand

Vitamin D3, sometimes known as the “sunshine vitamin” is naturally synthesized when our skin is exposed to sunlight. It plays a vital role in calcium absorption in the intestine. Almost 99% of your vitamin D supply is used to regulate calcium, with the remaining supply used to strengthen the immune system and help maintain muscle strength.

Without sufficient levels of vitamin K2, it is difficult for calcium to be deposited into our bones. When not deposited in our bones, excess calcium can be deposited in the cardiovascular system, where it can have harmful effects. Vitamin K2 prevents this from happening.

K2 promotes heart health

Calcium is required to build and maintain healthy bones. But did you know that excess calcium can get deposited in your arteries, leading to arterial stiffening and potential heart disease? Vitamin K2 activates the matrix Gla protein (MGP), which binds excess calcium to bones and prevents it from depositing into your arteries.

D3 is a powerful immune-booster

Vitamin D3 plays an important role in your immune function. For an efficient defense against invading pathogens, your immune cells, specifically T cells, require high levels of vitamin D3. If there isn't a sufficient supply of D3 in your body, you're more susceptible to illness and disease.

Calcium is a powerful bone builder

Combining vitamin D3 and vitamin K2 promotes healthy calcium metabolism and therefore healthy bone and teeth mineralization, muscle strength and recovery, cardiovascular health and immune system function.

5 BENEFITS OF PERFECT K2D3

Perfect K2D3 is packed with a variety of benefits that can come from taking and using Perfect K2D3 in your daily routine.

Here are our top five to get you started:

- **regulate calcium metabolism**
- **prevent fractures**
- **better bone health**
- **cardiovascular support**
- **immune system support**

When you take Perfect K2D3 daily, you'll discover even more benefits and improvements over time.



FREQUENTLY ASKED QUESTIONS

How should I take Perfect K2D3?

The typical Western diet does not contain a sufficient amount of vitamin K2, and as such, supplementation is beneficial to everyone. Simply squeeze 17 drops directly on the tongue, or into a glass of water or juice and mix well.

What is the recommended dosage for K2D3?

Taking 0.5mL (17 drops) is the optimal dosage. We recommend monitoring the body's response in the first days of taking K2D3 and reducing the dosage, as needed.

What is vitamin K2 as MK-7?

Vitamin K activates proteins that play a role in blood clotting, calcium metabolism and heart health. One of its most important functions is to regulate calcium deposition. Vitamin K2 as MK-7 activates the greatest proportion of osteocalcin. Once activated, osteocalcin binds calcium in the bloodstream for transport into the bone matrix, and it also activates the Gla protein which helps to ensure calcium is transported to bones and not areas where it can be harmful.

What is Vitamin D3?

Vitamin D3 - sometimes called the "sunshine vitamin" - plays an important role in your immune health and the absorption of calcium. If you live in an area with little to no sunlight, it's important that you supplement vitamin D3.



PERFECT K2D3 SUCCESS STORIES

Jan J. said her weak bone strength has improved after taking Perfect K2D3...

"I've taken this product for less than a week, but a great deal of weak bone strength and pain from an injury in Sept has greatly reduced! Looking forward to bone regrow this and even more progress soon! In combination with the stem cell patches I'm using, I expect great progress! I'm 78... so this is very welcome progress!"

Guy S. agreed that his wife's varicose veins faded almost completely after using Perfect K2D3...

"My wife had always suffered with poor circulation, varicose veins and leg swelling, within less than a month of using K2D3 her legs have stopped swelling, her varicose veins have physically shrunk and faded almost completely and she no longer has any tightness in her chest. I've started to take it myself. I've always been sceptical with any medicine but you can't deny the results after seeing them first hand. Many thanks!"

Suzy H. has her energy levels improved after using Perfect K2D3 for a couple of weeks...

"I love your products I know it will get to me at a cellular level. I feel great in the morning when I wake up. My son loves it too. He feels that all the supplements is working even when he is asleep and have more energy at work. Me too, I have a lot more energy and clear mind and I am only using it for a couple of weeks. Thank you."

Judy C. said she had positive results after taking Perfect K2D3...

"When I turned 40 my body stopped absorbing vitamin D. I shattered all the bones in one leg took years to heal. I have been on high amounts of D and it has taken 20 years to get my levels up. I have been taking perfect K2D3 for one month and it is amazing. Just got a test for D highest ever been and don't have any joint pain. You will not be disappointed, I highly recommend especially if you're over 40."

THANK YOU!

We would like to thank you, once again, not only for investing in your own bottle of Perfect K2D3, but for starting your journey towards better health with us.

We are excited for you to add Perfect K2D3 to your daily routine and to experience the benefits that it has to offer, like so many of our loyal customers before you.

You'll notice **regulated calcium metabolism, better bone health and improved immune system**, among many other potential advantages.

If you have any further questions about Perfect K2D3, **please don't hesitate to reach out to our customer loyalty team.**

Questions? Call Us.
1-866-271-7595



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