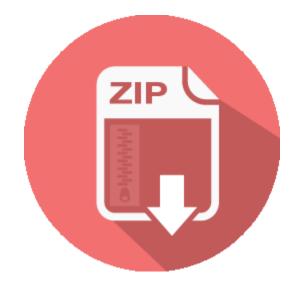
# **K2 AND THE CALCIUM PARADOX**



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About the Book. The secret to avoiding calcium-related osteoporosis and atherosclerosis While millions of people take calcium and Vitamin D supplements thinking they're helping their bones, the truth is, without the addition of Vitamin K2, such a health regimen could prove dangerous.

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Vitamin K2 and the Calcium Paradox By Dr. Kate Rheaume-Bleue. When I say Vitamin K, what s the first thing that comes to your mind? If you ve taken any basic anatomy and physiology class, you might think Koagulation! (well, that was my first thought at least).

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