

# YARD K2-D3

**100%**  
Plant based  
product

**120**  
VEGAN CAPSULES





A photograph of a woman with curly hair, eyes closed, and arms raised behind her head, enjoying the sun on a beach. The background shows the ocean and a clear sky. 

## **What is the importance of natural vitamins in our body?**

Vitamins are organic compounds that are essential for our body to function properly. Our body cannot produce vitamins except vitamin D3 and vitamin B3. Hence, it is very important to uptake your vitamins daily for proper body functions.



## What is the importance of K2?

Vitamin K is a family of fat-soluble vitamins that the body needs to produce a protein called prothrombin. This protein promotes blood clotting and regulates bone metabolism. Vitamin K is also essential for mineral absorption and has two forms: K1 and K2.

### K1 Vs K2

- K1 is less effective than K2 as it has no such subtypes.
- K2 has several subtypes called menaquinones (MKs), which scientists have numbered MK-4 through MK-13, based on the length of their side chain.
- K1 is the primary form of the vitamin and it is mainly present in leafy green vegetables. However, the body has difficulty absorbing vitamin K1 from plants.
- According to a 2019 review, research suggests that the body absorbs 10 times more vitamin K-2, in the form of MK-7, than vitamin K-1.
- The body stores vitamins K-1 and K-2 differently. K1 accumulates in the liver, heart and pancreas. K-2 occurs in high concentrations in the brain and kidneys.



# What are dietary sources of vitamin K2?

Fermented foods are a good source of vitamin K2

## Dietary sources of vitamin K-2 include



Natto, a traditional Japanese dish of fermented soybeans



Sauerkraut



Dairy products, especially hard cheese



Liver and other organ meats



Egg yolk



Chicken



Fatty fish



# NATTO

Natto is a traditional Japanese food made from whole soybeans that have been fermented with *Bacillus subtilis*. It is a nutritious food that creates conditions that promote the growth of good bacteria in the gut.



## What is the importance of Vitamin D3?

Vitamin D (Calciferol) is a fat-soluble vitamin that is naturally present in few foods, and available as a dietary supplement. It is also produced endogenously when UV rays from sunlight strike and trigger vitamin D synthesis.

Vitamin D2  
or  
ergocalciferol

Vitamin D3  
or  
cholecalciferol

## D2 Vs D3

- Vitamin D2 and vitamin D3 are the two main types of vitamin D.
- D2 ergocalciferol and D3 cholecalciferol. Vitamin D3 may raise the level higher and longer than D2.
- A 2012 review indicates that vitamin D3 appeared to be better at raising vitamin D levels than D2.



# What are dietary sources of Vitamin D3?

The main natural source of Vitamin D3 is Sunlight

Dietary sources of vitamin D3 also include



Lichen (vegan source)



Tuna



Eggs



Mushroom



Cheese



Cod liver oil



Fortified milk



Fish



Spinach



Fortified orange juice



Salmon



# LICHEN

Most vitamin D3 supplements are made from lanolin extracted from sheep wool. Our vegan vitamin d3 is sustainably sourced from wild harvested lichen which is algae so it is a 100% plant-based ingredient, it has no animal by-products of any kind and it is totally safe to use by all.

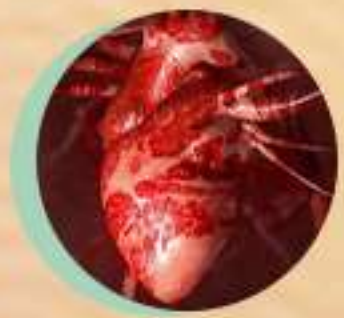
Deficiency of K2 & D3 may lead to



Excessive bleeding



Bone & teeth issues



May cause heart



Menstrual issues



May lower



Fatigue



Muscles





# Yard K2-D3

The Yard K2 D3 is a unique product having a vegan natural rich source of Vitamin D3 i.e Lichen extract and this time Lichen extract is paired up with K2 (MK-7), the richest source of Natto which is naturally produced by the *Bacillus subtilis* found in Natto.







# What are the benefits of the Product?

## Core benefits

- **Helps to maintain stronger bones.**
- **Beneficial for cardiovascular health.**





## **Other benefits**

- Improve bone health in children
- It plays a vital role in dental health
- Improves muscle health and energy
- Improves brain health
- It helps with vascular calcification in chronic hemodialysis patients
- Beneficial for men's hormone production testosterone
- It may improve skin elasticity
- It may help to prevent prostate cancer, lung cancer, ovarian cancer, hepatocellular cancer



# Yard K2-D3

## How To Use ?

Take 1 capsule  
daily after breakfast







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