

For Immediate Release  
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## **Up your Intake of Vitamin K with New Carlson Labs K Complete**

**Arlington Heights, Ill. (January 10, 2017)** – The body utilizes three important forms of vitamin K to achieve optimal cardiovascular system, bone, and blood health. Carlson K Complete provides this dynamic trio of vitamin K1, K2 as MK-4, and K2 as MK-7 in one soft gel. Vitamin K plays a primary role in healthy blood clotting and is also critical for arterial health and activating the important protein that binds calcium to bones.

The “K” in vitamin K is derived from the German word “koagulation” because vitamin K’s role in coagulation was first discovered in Germany. Vitamin K plays an important role in helping the liver produce blood clotting proteins and also directs calcium to the bones, supporting arterial and bone health. Unfortunately, it’s difficult to get enough vitamin K through diet alone, which is why a supplement can be a great option.

Each soft gel of K Complete provides 500 mcg of vitamin K<sub>1</sub>, 1.5 mg of vitamin K<sub>2</sub> as MK-4, and 45 mcg of vitamin K<sub>2</sub> as MK-7 for a powerful kick of K. Add vitamin K—the “forgotten” but vital nutrient—to your diet with Carlson K Complete.

For more information, visit [www.carlsonlabs.com](http://www.carlsonlabs.com).

### **About Carlson Labs**

Since 1965, Carlson Labs has produced fresh, pure, award-winning vitamins, minerals, fish oils, and other nutritional supplements. They launched at the forefront of the industry, offering the most complete line of natural-source vitamin E products in the world. They then paved the way for bringing fish oil and cod liver oil to the U.S. Market. In 2009, they launched calamari marine oil, and today, they’re proud to bring you a product line of more than 200 innovative formulas designed with your family’s unique nutritional needs in mind. For more information, call (888) 234-5656, check out their website at [www.carlsonlabs.com](http://www.carlsonlabs.com), or visit your local natural food store. J.R. Carlson Laboratories, Inc. is located at 600 W. University Dr., Arlington Heights, IL 60004.

The logo for Carlson Labs, featuring the word "Carlson" in a stylized, cursive script font.

\*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

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