



## Vitamin K2: The Missing Nutrient for Heart and Bone Health (Paperback)

By MD Dennis Goodman

AUTHORHOUSE, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Some people are aware that Vitamin K1 is important for blood clotting, but relatively few are aware of Vitamin K2 and its essential role in bone and heart health. There is now an impressive body of research showing that Vitamin K2 plays an integral role ensuring that our bones grow strong and our hearts and blood vessels remain healthy. Dr. Dennis Goodman has dedicated himself to researching vitamins and minerals so that he can educate his patients on which supplements to take-who needs them, how much, and why. If you care about your bones and heart health-and no doubt you do-this book is a must read. With Vitamin K2: The Missing Nutrient for Heart and Bone Health, Dr. Goodman presents the latest and most impressive research studies, as well as insights on diet, exercise, and stress reduction, as a conversation between doctor and patient. Providing clear and concise information, he puts readers on the path to learn more for themselves and continue the conversation with their own doctor.



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