



THE VITAMIN K2 BACKED BY TEN CLINICAL STUDIES... AND COUNTING



Build trust with your customers with the original natto-based Vitamin K2

menatto Fast Facts

- Ten clinical studies
- Oil and powder forms
- Products of fermentation
- Proven bioavailability
- Non-GMO
- GRAS
- Novel Foods approved
- Fully traceable
- Versatile in formulation
- Assured supply

menatto™ Vitamin K2 from PLT is menaquinone-7 (MK-7) manufactured by J-Oil Mills. It is made via a natural fermentation process using a bacterial strain isolated from the traditional fermented Japanese food natto. Soy protein in the fermentation substrate has been removed in the process of refining Vitamin K2 oil and therefore is exempt from allergen declaration on the label. menatto Vitamin K2 has been the subject of ten clinical studies demonstrating its impact on bone, cardiovascular, and skin health.

Vitamin K1 (phylloquinone or phytonadione) is the form of vitamin K found in plants, such as leafy green vegetables. Vitamin K2 (menaquinones) are classified by the number of units on their side chains (e.g., MK-4, MK-7, etc.) At least 50-60% of the circulating Vitamin K in the body is in the form of K2. The MK-7 form of vitamin K2 is the most bioavailable of these forms of Vitamin K. J-Oil Mills pioneered and developed the technology to extract Vitamin K2 MK-7 from fermented soy protein in 1997.

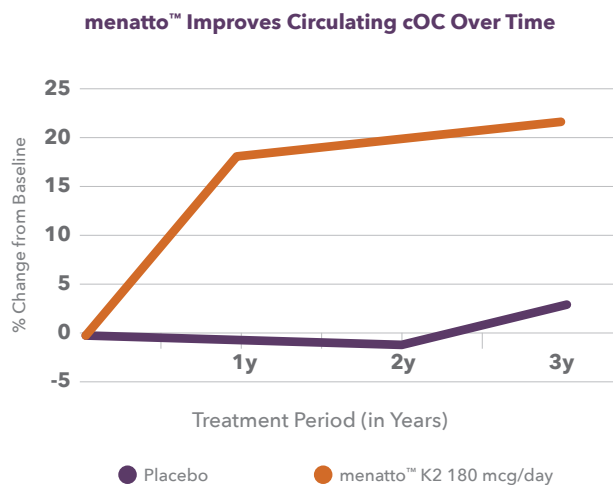
menatto is recognized as the best-studied MK-7 in the scientific literature.

THE MOST RESEARCHED VITAMIN K2 ON THE MARKET TODAY

menatto Vitamin K2 has been the subject of ten human clinical studies on our actual article of commerce. Selected studies appear below:

Post-Menopausal Women and Bone Health

A randomized, double-blind, placebo-controlled study of 244 post-menopausal women found that supplementing with low-dose menatto Vitamin K2 (MK-7) for 3 years helped bind calcium to bones, supporting healthy bone mineral density.* menatto significantly improved vitamin K status compared to placebo and helped support bone density and bone strength.*



Knapen MHJ, et al. Osteoporos Int. 2013 Sep;24(9):2499-507.

Bone Health for Middle Aged Men and Women

Ninety-four participants with an average age of 52.4 were randomly assigned to take either 180 mcg of menatto per day or placebo for 1 year. They were advised to take 2 other nutrients – vitamin D and calcium since this trio works together to support bone health.* Researchers followed up at 2, 6, and 12 months and took measurements of bone mineral density at the lumbar spine and the femoral neck. menatto supported bone mineral density in the lumbar spine and supported bone mineral content in the femoral neck, which is an indicator of bone strength.*

Forli L, et al. Transplantation. 2010 Feb 27;89(4):458-64.

Calcium Metabolism in Children

In a randomized, double-blind, placebo-controlled study, featuring fifty-five pre-pubescent children, menatto vitamin K2 (MK-7) effectively raised blood levels of vitamin K2 and helped ensure the proper level of carboxylated osteocalcin, a protein that regulates healthy bone formation versus placebo.*



van Summeren MJH, et al. Br J Nutr. 2009 Oct;102(8):1171-78.

Supporting Healthy Blood Vessel Elasticity

A randomized, double-blind, placebo-controlled study of 244 healthy post-menopausal women found that 3 years of supplementation with menatto. menatto supported healthy blood vessel elasticity by helping maintain MGP in the blood vessel wall.* This action may support healthy blood flow, contributing to cardiovascular health.*

Knapen MHJ, et al. Thromb Haemost. 2015 May;113(5):1135-44.

menatto is a trademark of J-Oil Mills

References and studies available upon request

* THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

Contact PLT Health Solutions for samples and more information.
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