



Vitamin K2: The Secret Vitamin For Bone And Heart Health - Learn How Little-Known Nutrient Can Save Your Life! (Healthy Living, Diabetes Nutrition)

Lindsey Cole

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Vitamin K2

The Secret Vitamin For Bone And Heart Health - Learn How Little-Known Nutrient Can Save Your Life!

There are so many options to assist us in maintaining our bodies in the healthiest position possible. Yet in looking for the latest greatest new trend, we often miss the simple key possibilities available to us every day. This book introduces you to one of these simple but powerful options, Vitamin K. Learn more about this particular vitamin, including:

- How Vitamin K was discovered
- Is it just one vitamin or actually a group with subtypes and variations
- The effects of Vitamin K on the body
- Where Vitamin K can be found in our food sources
- Understanding the health benefits of increasing your Vitamin K intake
- Myths about Vitamin K

No matter what your health is like, this book can give you some key tips to improve it through a better understanding of how Vitamin K intake is critical to your body. Learn how to increase your Vitamin K intake through healthy options. At the same time, bust a few of those myths about what Vitamin K can do for your body and what it cannot.

If you have ever wanted a better understanding of how important this particular vitamin is to your overall health and well-being, then this is definitely the book for you!

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