

New Evidence: Vitamin K2-Fortified Yogurt Helps Improve Heart Health

A new study shows that consumption of yogurt fortified with MenaQ7[®] improves Vitamin K2 status significantly for healthy people, contributing to improved cardiovascular health.

OSLO, NORWAY and METUCHEN, NJ (November 5th 2015) – *The Journal of Nutritional Science* recently published a study¹ that adds to the growing body of evidence showing that Vitamin K2 is a safe and effective supplement. Additionally, it shows that Vitamin K2 as MenaQ7[®] can be absorbed through yogurt, which makes the nutrient available to an even larger population.

“Consumers already recognize yogurt as a healthy choice. The fact that we can now enrich yogurt with a vitamin that the majority of the population is deficient is a major breakthrough. The study’s results imply that we, by adding MenaQ7 to a popular food item, can bring significant health benefits to a larger percentage of people,” says Eric Anderson, senior vice president of global sales and marketing at NattoPharma, exclusive global supplier of MenaQ7 Vitamin K2 as MK-7.

A number of studies have previously shown that supplementation with MenaQ7 Vitamin K2 improved cardiovascular health by reducing age-related arterial calcification, and improved bone health by increasing bone density and mass. . The new study, in which healthy patients received low doses of MK7 in a yogurt drink for three months, shows that the benefits of Vitamin K2 can be obtained through other delivery systems than traditional dietary supplements.

“This study not only confirms that short-term use of MenaQ7 can improve health, but also that yogurt is an effective way of providing the public with this important nutrient,” says Hogne Vik, CEO of NattoPharma. “We already have clinical documentation showing that children generally have a deficiency of Vitamin K2. The confirmation that our ingredient also works in a yogurt product is an important step forward. This means that we can make the nutrient available to more people, reach a younger audience, and create a healthier generation.”

To view the new study in *The Journal of Nutritional Science*, visit:

<http://journals.cambridge.org/action/displayAbstract?fromPage=online&aid=10006439&fileId=S2048679015000257>.

Reference:

1 Knapen MHJ, Braam LAJL, Teunissen KJ, Zwijsen RML, Theuwissen E, Vermeer C. Yogurt drink fortified with menaquinone-7 improves vitamin K status in healthy population. *J Nutr Sci.* 2015; 4:e35 doi:10.1017/jns.2015.25.

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About MenaQ7[®]

MenaQ7[®] is the best documented, commercially available vitamin K2 as MK-7 with guaranteed actives and stability, clinical substantiation, and international patents granted and pending. MenaQ7[®] is available in two varieties: natural vitamin K2 as MK-7 Crystals and nature-identical synthetic vitamin K2 as MK-7 PURE. For more information on the health benefits of MenaQ7, visit menaq7.com.

About NattoPharma

NattoPharma ASA, based in Norway, is the world's leader in vitamin K2 research and development. NattoPharma is the exclusive international supplier of MenaQ7[®] Vitamin K2 as MK-7, and has a multi-year research and development program to substantiate and discover the health benefits of vitamin K2 for applications in the marketplace for functional food and dietary supplements. With a global presence, the company established its North American subsidiary, NattoPharma USA, Inc., in Metuchen, NJ. For more information, visit nattopharma.com.

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