

Inflammation, CRP and vitamin K2

There are many anti-inflammatory substances like vitamin D and the Omega 3s. But it is rare to find one that will actually significantly reduce C-reactive protein levels.

In a study that was published in Modern Rheumatology November 2012, high dosed K2 was shown to decrease C-reactive protein and a couple of other markers of inflammation.

158 arthritis sufferers were given 45 mg of vitamin K2 per day. At the end of the study C-reactive protein, decreased an average of 60%. The other inflammatory markers were also significantly reduced by the vitamin K also.

The RDA of vitamin K is 80 micrograms. The dose in this study was measured in milligrams. K2 is expensive and it's hard to find in a significant dose but you can get it at a discount via our website <http://www.cpmedical.net/innovativemedicine/catalogsearch/result/?q=k2>