

Vitamin K2 as MK-7 (MenaQ7[®]) supplementation - essential for better bone health after organ transplantation

4th of March 2010, Lysaker, Norway – NattoPharma is pleased to notify that a new study has been published by Fjørli et al. ([Transplantation, Volume 89, Number 4, February 27, 2010](#)), scientists at Rikshospitalet, Oslo University Hospital, Norway. The study, which was partly financed by NattoPharma, demonstrated a positive correlation between dietary vitamin K2 (180µg of MK-7) supplementation and improvement of bone health of patients recovering from lung and heart transplantation. The double blind, placebo controlled study, designed to investigate the effects of vitamin K2 on plasma MK-7 and bone mineral density, was conducted in 35 lung transplant patients and 59 hearts transplant patients, the first year after the surgery. Dr Schurgers, VP R&D NattoPharma, is very enthusiastic about the positive outcome of this study: “This study confirms that MenaQ7, natural vitamin K2 is essential for bone health”.

Impaired bone architecture resulting in fragile bone and subsequent fractures is a common complication after organ transplantation; medications suppressing the immune system are considered to play an important role in this process. “Although usually not life threatening, bone loss may have a serious negative impact on the quality of life; it severely impacts the level of the patient’s self-sufficiency. Results of this Norwegian study, implying the protective potential of vitamin K2 on bone-loss, may therefore indicate a benefit for transplant induced bone loss, “says Dr. Liv Fjørli, at the Rikshospitalet in Oslo.

The results by Fjørli and colleagues are important for transplantation patients. A growing body of evidence over the last decades also indicates that a good vitamin K2 status is associated with high bone mass and bone density, mineral content of bone and improved geometry also for the general population of adults and children. This because the requirement for vitamin K is considerably higher during childhood since bone grows and develops most intensively, whereas in adults bone loss increases from the age of thirty and thus needs protection. It is important to note that recent scientific data indicate that our typical Western diet does not provide vitamin K2 in amounts sufficient for satisfying the body’s needs.

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About MenaQ7

MenaQ7 provides Natural Vitamin K2 as an extract of natto, a fermented soy food from Japan. Natto is particularly rich in the highly bio-available form of vitamin K2, menaquinone-7 (MK-7). MenaQ7 is the

best documented commercially available Natural Vitamin K2 with guaranteed actives and stability, clinical substantiation and international patents awarded and pending.

For more information on the health benefits of MenaQ7, please visit www.menaq7.com

About NattoPharma

NattoPharma, Norway is the exclusive international supplier of MenaQ7, the natural Vitamin K2. NattoPharma has entered into a multi-year research and development program to substantiate and discover the health benefits of natural vitamin K2 for applications in the exciting marketplace for functional food and health food supplements.

For more information, please visit www.nattopharma.com