



Unlocking the Power of Vitamin K

By Dr. Kay Powerton

Your body needs many different types of vitamins and minerals in order to stay healthy. One of the most overlooked vitamins is vitamin K. The main purpose of vitamin K is to allow blood to clot if you get an injury⁽¹⁾. However, it may also help to keep your bones strong⁽²⁾ and protect against Non-Hodgkin's Lymphoma⁽³⁾

The next sources of vitamin K are vegetables – especially the leafy greens. Kale, turnip greens, spinach and broccoli are all excellent sources. Therefore, by including these vegetables in your diet you should get enough vitamin K right?

Wrong! Although most people eat plenty of these foods, most of the vitamin K is not absorbed by the body. As a result vitamin K deficiency is extremely common in adults.

Luckily, there is a way to unlock the power of vitamin K, which allows your body to receive its full benefits. This secret has been known for thousands of years, but scientists are just now rediscovering it. I'm going to tell what the secret is, but first I'll start by telling you a story.

When Captain James Cook sailed to discover Australia in 1770, local indigenous people showed him many plants, animals and foods that he had never seen before. One thing took his attention: The indigenous people made a soup that consisted of leafy greens along with the root of a hibiscus plant which was first ground into a fine paste. Cook noted in his journal that the soup was "delicious: but he also noticed something else. He always felt refreshed after eating it and it also seemed to make wounds heal more quickly.

Cook was excited to bring this "miraculous" soup back to Europe so he loaded several plants onto his ship for the return journey. When he arrived back in England he tried to make the soup but found it had lost its special qualities. He correctly guessed the reason for this: The tropical climate and the rich soils of Australia greatly increased the strength of the hibiscus roots. As a result the soup did not catch on and was soon forgotten.

Scientists now understand that these special hibiscus roots contain compounds that unlock the power of vitamin K. In fact, no other hibiscus root in the world has this power. Many leading nutritionists recommend eating Eastern Australian Hibiscus root along with leafy greens. One of the easiest ways of doing this is to eat K-Power Energy Bars which contain cabbage (a leafy green) and the special hibiscus root. Each bar contains enough vitamin K to last you through the day and the special hibiscus root ingredient ensures that all of the vitamin K is absorbed by your body.

A study contained in 2012 found that while many energy bars contain vitamin K, only K-Power Energy bars allow your body to absorb it.

Eating an energy bar from other leading brands does not benefit your body nearly as much as a K-Power Energy Bar. Furthermore, the unabsorbed vitamin K could actually harm your body. That is why high performing athletes always choose K-Power Energy Bars – the bar that helps you run faster, jump higher and quickly recover from injuries.

References:

1. <http://www.mayoclinic.com/health/drug-information/DR602165>
2. <http://www.ncbi.nlm.nih.gov/pubmed/11684396>
3. <http://www.sciencedaily.com/releases/2010/04/100419151117.htm>