Vitamin D3 & K2 (MK-7): Plain-Language Guide & Blood Test Decoder for Adults 50+

VITAMIN D3 & K2 (MK-7)

Date: November 12, 2026 | **Audience:** Men & Women Aged 50+ (UK & USA)

1. Why You Should Always Pair Vitamin D3 with K2 (MK-7)

After age 50, our skin makes up to 75% less Vitamin D from sunlight, and most modern diets lack Vitamin K2. Taking **Vitamin D3** and **Vitamin K2 (in the long-acting MK-7 form)** together protects both your skeleton and your heart.

> **The Simple Teamwork Rule:** Vitamin D3 helps your gut absorb calcium from food into your bloodstream. **Vitamin K2 (MK-7)** then acts like a traffic cop—activating special proteins that direct that calcium into your **bones and teeth** while keeping it out of your **arteries and heart valves**.

2. What Blood Tests to Ask Your Doctor For

Before starting or adjusting your dose, ask your GP or doctor for these specific blood tests:

- **25-Hydroxyvitamin D [25(OH)D]:** The gold-standard test for your body's Vitamin D storage levels.
- **Corrected Serum Calcium & Kidney Function (eGFR):** Confirms your body handles calcium safely.
- **Parathyroid Hormone (PTH — optional):** Shows whether low Vitamin D is causing your body to pull calcium out of your bones. *(Note: Standard blood panels do not measure Vitamin K2 directly.)*

3. Understanding Your Vitamin D Lab Results (UK vs. USA)

Result Level	UK / EU (nmol/L)	USA (ng/mL)	What It Means & Next Step
Deficient	Under 30 nmol/L	Under 12 ng/mL	Too low—weakens bones, muscles, and immunity. Ask your doctor for a short-term higher dose + K2 MK-7, then retest.
Low / Insufficient	30 – 50 nmol/L	12 – 20 ng/mL	Below ideal for adults 50+. Take 2,000–4,000 IU D3 + 100–180 mcg K2 MK-7 daily; retest in 3 months.
Adequate	50 – 75 nmol/L	20 – 30 ng/mL	Meets basic minimums, though slightly higher levels give better bone and immune support.

Result Level	UK / EU (nmol/L)	USA (ng/mL)	What It Means & Next Step
Optimal Target (50+)	**100 – 150 nmol/L**	**40 – 60 ng/mL**	**Ideal sweet spot** for strong bones, muscle balance, and immune defense. Keep your current daily dose.
Too High	Over 200 nmol/L	Over 80 ng/mL	No extra benefit; cut your Vitamin D3 dose in half and recheck blood calcium with your doctor.

4. Daily Dose & Safety Rules for Men & Women 50+

Typical Daily Maintenance Dose: Most adults 50+ thrive on **2,000 to 4,000 IU (50–100 mcg) of Vitamin D3** paired with **100 to 200 mcg of All-Trans Vitamin K2 (MK-7)**. Take it with **breakfast or lunch containing healthy fat** (eggs, olive oil, yogurt, or avocado) for best absorption and restful sleep.

Important Medication Warning: If you take **warfarin (Coumadin)**, do **not** take Vitamin K2 without your anticoagulation clinic's approval, as K2 affects INR clotting levels. (Newer blood thinners like apixaban/Eliquis or rivaroxaban/Xarelto do not interact with K2, though you should always confirm with your doctor.)

Disclaimer – please read

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