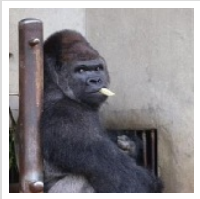




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K2, Boron, Calcium megadose

Thread Modes



Machiavellian
Senior Member



Posts: 671
Threads: 52
Joined: Jun 2015
Reputation: **240**
Tinder Matches: 40
Dates: 5
Kisses: 50
Slay Count: 3

08-08-2015, 06:25 AM

#1

I started my K2 and mineral megadose to see if we really can pack on bone mass a few weeks before university is back.

Adjusting the K2 MK7. I am on day 2 of 400mcg using 200mcg morning/night as a load up since you retain this, and than lowering later. So I am overdosing it right now.

90mg K2 as MK4
10,000 IU D3
12mg Boron
4g Calcium

My knees and shins hurt like a kid with growing pains. I feel it in my hips and my jaw feels tight, and have the feeling going through my hands. Might be a sign that this is effecting my bones as it is meant to, or that I am OD'n on the K2 MK7.

I will update if I notice a visual change in anything. I don't have calipers to measure zygos perfectly, I have a decant method but less than milimeter amounts I can not measure effectively.

I can have a measuring tape for skull.





Iono
Banned

Posts: 2,641
Threads: 46
Joined: Jul 2015

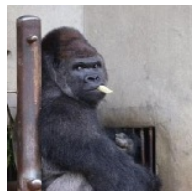
Find

08-08-2015, 07:03 AM

#2

you need to mechanically stress your bones to stimulate growth. You need 1/3 of the stress necessary to break the bone to stimulate growth. Power lifting, sprinting, and wrestling are the best exercises for bone growth. Good luck.

Reply



Machiavellian
Senior Member



Posts: 671
Threads: 52
Joined: Jun 2015
Reputation: 240
Tinder Matches: 40
Dates: 5
Kisses: 50
Slay Count: 3

Find

08-08-2015, 07:41 AM

#3

Iono Wrote: →

(08-08-2015, 07:03 AM)

you need to mechanically stress your bones to stimulate growth. You need 1/3 of the stress necessary to break the bone to stimulate growth. Power lifting, sprinting, and wrestling are the best exercises for bone growth. Good luck.

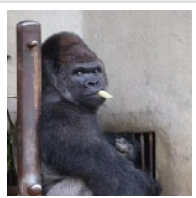
There is the question about why a lot of people report their faces widening from K2, although most anecdotes being women. Time to see what happens as I now up the K2 MK4 to the upper end and supply the calcium and D3 to work with the K2, and boron which helps hold onto these bone minerals.

I had done a similar thing but for bone strength in the past. The amount of force I could punch my fist together with unphased was crazy so I'll be durable for rugby.

I am going to be doing my wrist/forearm routine again while on this although this combo along with Icarin, BMP2 VEGF, Decca, and Test would be the true bone mass mega method. I will do this eventually.

It seems like K2 would help protect some of the VEGF side effects it has on calcifying blood vessels.

Reply



Machiavellian
Senior Member



Posts: 671
Threads: 52
Joined: Jun 2015
Reputation: 240
Tinder Matches: 40
Dates: 5
Kisses: 50
Slay Count: 3

Find

08-08-2015, 07:46 AM

#4

adrift Wrote: →

(08-08-2015, 07:44 AM)

Iono Wrote: →

(08-08-2015, 07:03 AM)

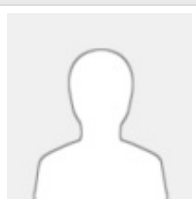
you need to mechanically stress your bones to stimulate growth. You need 1/3 of the stress necessary to break the bone to stimulate growth. Power lifting, sprinting, and wrestling are the best exercises for bone growth. Good luck.

would you say boxing stresses the wrists enough to grow them?

There is a study out there that boxing makes your spine thicker, the actual vertebrae on experienced boxers are around 40% thicker than normal people. Weight lifters who do plenty of deadlifts and squats have thicker vertebrae but not as much as boxers.

Not sure of boxing for wrist.

Reply



nochin
Senior Member



08-08-2015, 02:11 PM

#5

90mg MK4? Wow, that's a lot.

If you are serious about this, can you get blood tests before/after?

K2 blood levels, MGP carboxylation levels, Calcium, PTH, Vitamin D, Phosphate and anything I've forgotten.

Instead of or in addition to measuring your zygo width, why not measure wrist and ankle circumference? Especially if you say you can already feel it in those areas...

You could also get a before/after skull x-ray if you do mewing/chewing.

Posts: 277
Threads: 5
Joined: Aug 2015
Reputation: **26**

Find

And why do you take Boron? Wikipedia says it elevates estrogen levels.

[Important How-to-Take-Information for \$\beta\$ -carotene and Astaxanthin](#)

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modified
Banned

Posts: 5,033
Threads: 191
Joined: Jul 2015

Find

08-08-2015, 02:14 PM

#6

Machiavellian Wrote: →

(08-08-2015, 06:25 AM)

I started my K2 and mineral megadose to see if we really can pack on bone mass a few weeks before university is back.

Adjusting the K2 MK7. I am on day 2 of 400mcg using 200mcg morning/night as a load up since you retain this, and than lowering later. So I am overdosing it right now.

90mg K2 as MK4
10,000 IU D3
12mg Boron
4g Calcium

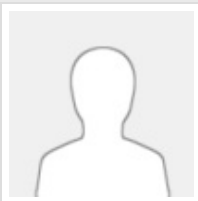
My knees and shins hurt like a kid with growing pains. I feel it in my hips and my jaw feels tight, and have the feeling going through my hands. Might be a sign that this is effecting my bones as it is meant to, or that I am OD'n on the K2 MK7.

I will update if I notice a visual change in anything. I don't have calipers to measure zygos perfectly, I have a decant method but less than milimeter amounts I can not measure effectively.

I can have a measuring tape for skull.

Excess calcium will calcify your arteries and put you at higher risk for heart attack. Not smart.

Reply



nochin
Senior Member



Posts: 277
Threads: 5
Joined: Aug 2015
Reputation: **26**

Find

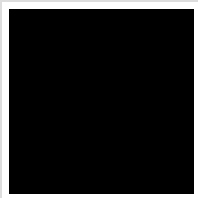
08-08-2015, 02:23 PM

#7

What do you think he's taking the K2 for? 😬

[Important How-to-Take-Information for \$\beta\$ -carotene and Astaxanthin](#)

Reply



modified
Banned

Posts: 5,033
Threads: 191
Joined: Jul 2015

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08-08-2015, 02:27 PM

#8

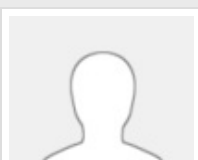
nochin Wrote: →

(08-08-2015, 02:23 PM)

What do you think he's taking the K2 for? 😬

Placebo effect like the rest? Your bone structure isn't going to change significantly in any helpful way from this. You're more likely to damage yourself like from calcification.

Reply



08-08-2015, 02:37 PM

#9

modified Wrote: →

(08-08-2015, 02:27 PM)

nochin Wrote: →

(08-08-2015, 02:23 PM)

What do you think he's taking the K2 for? 😬

Placebo effect like the rest? Your bone structure isn't going to change significantly in any helpful way from this. You're more likely to damage yourself like from calcification.

He's taking the K2 to both improve bone metabolism inside the bones as well as avoid vascular calcification. K2 is very promising in that regard.

If he'll results in general is a different story. If he's severely deformed, of course it won't do enough, but most people on here are just above-average-level attractive assburgers anyway.

[Important How-to-Take-Information for β-carotene and Astaxanthin](#)

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Iono
Banned

Posts: 2,641
Threads: 46
Joined: Jul 2015

08-08-2015, 02:42 PM

#10

Machiavellian Wrote: →

(08-08-2015, 07:41 AM)

Iono Wrote: →

(08-08-2015, 07:03 AM)

you need to mechanically stress your bones to stimulate growth. You need 1/3 of the stress necessary to break the bone to stimulate growth. Power lifting, sprinting, and wrestling are the best exercises for bone growth. Good luck.

There is the question about why a lot of people report their faces widening from K2, although most anecdotes being women. Time to see what happens as I now up the K2 MK4 to the upper end and supply the calcium and D3 to work with the K2, and boron which helps hold onto these bone minerals.

I had done a similar thing but for bone strength in the past. The amount of force I could punch my fist together with unphased was crazy so I'll be durable for rugby.

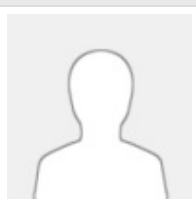
I am going to be doing my wrist/forearm routine again while on this although this combo along with Icarin, BMP2 VEGF, Decca, and Test would be the true bone mass mega method. I will do this eventually.

It seems like K2 would help protect some of the VEGF side effects it has on calcifying blood vessels.

make sure you chew hard foods or gum and tongue press

Find

Reply



suicideistheanswer
Newbie

Posts: 41
Threads: 9
Joined: Aug 2015
Reputation: 0

08-08-2015, 02:45 PM (This post was last modified: 08-08-2015, 02:45 PM by suicideistheanswer.)

#11

your nose and ears never stop growing, would K2 make these parts grow even bigger and thicker?

Find

Reply



Iono
Banned

Posts: 2,641
Threads: 46
Joined: Jul 2015

08-08-2015, 02:50 PM

#12

adrift Wrote: →

(08-08-2015, 07:44 AM)

Iono Wrote: →

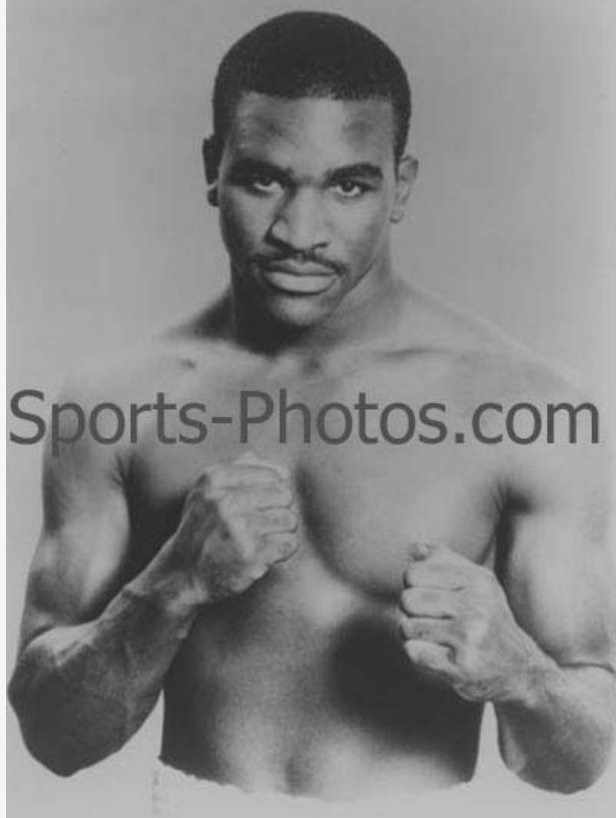
(08-08-2015, 07:03 AM)

you need to mechanically stress your bones to stimulate growth. You need 1/3 of the stress necessary to break the bone to stimulate growth. Power lifting, sprinting, and wrestling are the best exercises for bone growth. Good luck.

would you say boxing stresses the wrists enough to grow them?

absolutely





Find

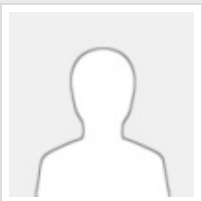
Reply

08-08-2015, 02:54 PM

#13

What are we supposed to see in these pictures?

Important How-to-Take-Information for β -carotene and Astaxanthin



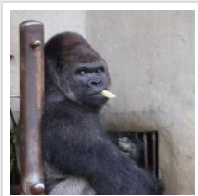
nochin ●
Senior Member



Posts: 277
Threads: 5
Joined: Aug 2015
Reputation: **26**

Find

Reply



Machiavellian
Senior Member



Posts: 671
Threads: 52
Joined: Jun 2015
Reputation: **240**
Tinder Matches: 40
Dates: 5
Kisses: 50
Slay Count: 3

08-08-2015, 05:04 PM (This post was last modified: 08-08-2015, 05:09 PM by Machiavellian.)

#14

suicideistheanswer Wrote: →

(08-08-2015, 02:45 PM)

your nose and ears never stop growing, would K2 make these parts grow even bigger and thicker?

K2 packs up bone, you are asking about cartilage

nochin Wrote: →

(08-08-2015, 02:11 PM)

90mg MK4? Wow, that's a lot.

If you are serious about this, can you get blood tests before/after?

K2 blood levels, MGP carboxylation levels, Calcium, PTH, Vitamin D, Phosphate and anything I've forgotten.

Instead of or in addition to measuring your zygo width, why not measure wrist and ankle circumference? Especially if you say you can already feel it in those areas...

You could also get a before/after skull x-ray if you do mewing/chewing.

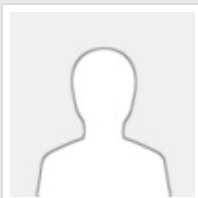
And why do you take Boron? Wikipedia says it elevates estrogen levels.

There are mixed studies about it raising or lowering estrogen, same with test. 12mg is roughly the amount used the studies where test raised and estrogen decreased. It is very potent at helping you retain calcium and magnesium you would otherwise excrete. Combine that with K2 removing calcium from soft tissue and you got yourself a synergistic effect to move greater amounts of minerals to bone tissue.

I can't just get loads of blood work all the time with my doctor and private labs cost money. I can measure skull circumference and wrist no problem, don't care about ankles really. X-rays would just be exposing my brain to radiation, I am fine with measurements.

Find

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nochin
Senior Member



Posts: 277
Threads: 5
Joined: Aug 2015
Reputation: **26**

08-08-2015, 05:17 PM

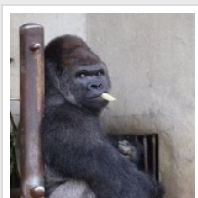
#15

Of course some of the blood testing I suggested is never covered by insurance, but some of it you can definitely test. Then find a reason to test again after your experiment, e.g. if the test finds you're Vitamin D deficient and "decided" to supplement. (If you've been taking 10k for more more than days/weeks already then VitD is of course not a a parameter that would work as an excuse to retest).

[Important How-to-Take-Information for \$\beta\$ -carotene and Astaxanthin](#)

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Machiavellian
Senior Member



Posts: 671
Threads: 52
Joined: Jun 2015
Reputation: **240**
Tinder Matches: 40
Dates: 5
Kisses: 50

08-08-2015, 05:22 PM

#16

modified Wrote: →

(08-08-2015, 02:14 PM)

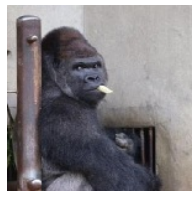
Excess calcium will calcify your arteries and put you at higher risk for heart attack. Not smart.

K2 removes calcium from soft tissue. And people who do leg lengthening surgery have been known to supplement with 3g of calcium

Slay Count: 3

Find

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Machiavellian
Senior Member



Posts: 671
Threads: 52
Joined: Jun 2015
Reputation: **240**
Tinder Matches: 40
Dates: 5
Kisses: 50
Slay Count: 3

Find

08-09-2015, 03:05 AM

#17

Victory Wrote: →

(08-08-2015, 05:39 PM)

After research I found this:

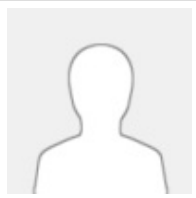
<http://www.iherb.com/Advanced-Orthomolec...=null&ic=1>

To be the highest dosed k2 supplement I could find, if anybody was still looking for one

I had to go before but was going to get back. That K2 MK4 and this is the K2 MK7 I use

<http://www.amazon.com/Supports-Absorptio...rds=k2+mk4>

Reply



Dylan Klebold
Newbie

Posts: 40
Threads: 10
Joined: Dec 2015
Reputation: **0**

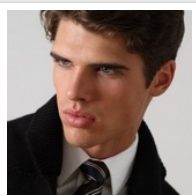
Find

01-01-2016, 07:51 AM

#18

Any progress updates?

Reply



igesio

shimansky gave me a browridgejob

Posts: 1,880
Threads: 154
Joined: Jul 2015

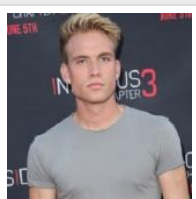
Find

01-05-2016, 08:40 PM

#19

results?

Reply



BlueBalls
Monster Poster



Posts: 6,027
Threads: 346
Joined: Sep 2015
Reputation: **2,612**

Find

01-14-2016, 05:22 PM

#20

igesio Wrote: →

(01-05-2016, 08:40 PM)

results?

These threads never yield results.

Reply



01-27-2016, 04:34 PM

#21

updates?

ugliest ●

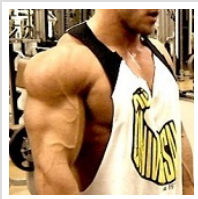
Monster Poster



Posts: 8,422
Threads: 867
Joined: Dec 2015
Reputation: **5,122**
Kisses: 100+
Slay Count: 50+ Slayer
Relationships: 20+

Find

Reply



02-09-2016, 11:25 PM

#22

strong results boyo 😊

@Machiavellian

RecessedPhiltrum ●

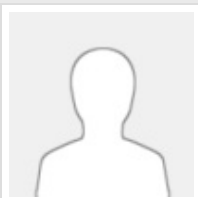
Senior Member



Posts: 486
Threads: 155
Joined: Jan 2016
Reputation: **93**

Find

Reply



02-12-2016, 03:34 PM

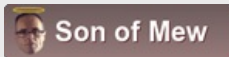
#23

update?

Anonymous 07/23/15(Thu)11:29:26 No.33437669 ▶
Maybe she just knows someone bigger than you
I was in the same position than you a few years back. I wanted a girl, started lifting for her while other dudes were fucking her, got fit, got big, asked her for a date, she said no. What was my decision? To get even bigger, 185cm and 120kg to be more precise.
I asked her again to go on a date with me. Her answer? Still no but i was so big that i was able to rape her and threat all her family if she ever told the police about it.
When God closes you a door he also opens a window. Sometimes the more obvious solution is not the best one

amogking ●

Super Poster



Posts: 1,449
Threads: 209
Joined: Nov 2015
Reputation: **190**

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Perfectionist ●

Member



Posts: 88
Threads: 7
Joined: Apr 2016
Reputation: **79**


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05-16-2016, 04:54 AM

#24

Results?

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Current time: 06-27-2017, 10:43 PM