

## Q&A with International Science and Health Foundation President Katarzyna Maresz, PhD



A master's graduate at the Jagiellonian University, Pharmacy Faculty, a PhD in Biological Sciences at the Medical Faculty of the Jagiellonian University (2002), Dr. Maresz held her practice at the Laboratory of Cellular and Molecular Immunology, Blood Research Institute, in Milwaukee, WI (2003-06), and was an assistant professor at the Department of Biochemistry, Biophysics and Biotechnology at the Jagiellonian University (2008-12). As a Scientific Coordinator and President of the International Science and Health Foundation, Dr. Maresz offers some perspective on the Foundation, its future efforts, and its creation of VitaminK2.org.

### Where did the idea of the International Science and Health Foundation come from?

The mission of the International Health and Science Foundation is to improve the quality of life by providing proper knowledge and supporting the development of science. As an independent international scientific community, we came together to share experiences with other countries, resulting in programs and portals that allow for the implementation of common, useful social and economic goals.

In short, if we can help educate and spread an understanding about health, the world can change for the better.

### Why do you and your colleagues believe in Vitamin K2?

The evidence is overwhelming. On one hand, you have the health benefits confirmed by *many* clinical trials. At the same time, we recognize Vitamin K2 is the compound missing in Western society – one in which most Western populations are deficient.

### Who will benefit from taking Vitamin K2?

Anyone interested in supporting healthy bones and their cardiovascular system will benefit from taking Vitamin K2. And, in truth, unless you are eating natto every day, you are woefully deficient in Vitamin K2, so start today.

### As a doctor and scientist, what health areas/studies/issues interest you?

My main scientific interest is inflammation and modulation of inflammatory disorders. Recently we found that vitamin K2 is able to inhibit inflammatory markers, which is important for many diseases.



## **What is the Foundation hoping to accomplish with VitaminK2.org?**

There is a real lack of understanding when it comes to Vitamin K2. You have a large population that has no understanding at all of Vitamin K2's benefits, and then you have those trying to gain an understanding but are forced to sift through a lot of conflicting information. We hope [VitaminK2.org](http://VitaminK2.org) will become a recognized and referenced portal, seen as a credible and reliable source of current medical knowledge and the latest research on the properties of Vitamin K2.

## **Is there any new research that the Foundation is looking to address?**

The Foundation as started collaborations with many scientific institutions in Poland and abroad. At this time our main focus is continuing our work with Vitamin K2, highlighting its support for cardiovascular and bone health. But there are so many areas of study with Vitamin K2. We want to continue to monitor these developments so we can communicate those benefits to an eager public.

