



# Vitamin D3 and K2

## Contains linseed oil

### Synergistic effects achieved with vitamin D3 and K2

Our bones are living tissue, which is subjected to constant formation and resorption. This results in a continuous change between resorption and incorporation of bone-relevant micronutrients, such as calcium and phosphorus, as well as the renewed mobilisation and delivery to the blood. The vitamins D and K play an important role in the maintenance of bones and thus, have a significant impact on bone health. Furthermore, the synergistic effects of the vitamins D3 and K2 are the focus of current science and research, which resulted in the development of this micronutrient preparation. In addition to the mentioned bone-relevant vitamins, Biogena Vitamin D3 & K2 also contains high-quality linseed oil, which has a particularly high content of the omega-3 fatty acid alpha-linolenic acid. The fatty acids contained in linseed oil support the uptake of fat-soluble vitamins in the small intestine. Linseed oil represents an expedient supplementation of the range of micronutrients.

### Biogena Vitamin D3 & K2:

- Vitamin D and vitamin K promote the maintenance of normal bones
- Vitamin D supports the intake and utilisation of calcium and phosphorus
- Vitamin D supports a normal calcium level in the blood
- Contains linseed oil to improve the uptake of fat-soluble vitamins and lutein


### Possible uses:

- Supports the maintenance of a normal bone function
- To maintain a normal calcium level in the blood and normal conversion of calcium and phosphorus in the body

### Bioavailable micronutrients in a pure form

- According to the pure substance principle
- Without colouring and flavouring
- Gluten-free
- Fructose-free
- Lactose-free
- Quality tested

**Biogena GmbH & Co KG**  
Strubergasse 24, A-5020 Salzburg, [info@biogena.com](mailto:info@biogena.com)

Part of the  
Biogena Group 

**Toll-free Infoline Austria:** T +43 662 23 11 11, [info@biogena.com](mailto:info@biogena.com)  
**Infoline Germany, Italy and International:** T +49 8654 774 00-0, [deutschland@biogena.com](mailto:deutschland@biogena.com),  
[italien@biogena.com](mailto:italien@biogena.com), [worldwide@biogena.com](mailto:worldwide@biogena.com)  
**Infoline Switzerland:** T +41 43 215 20 59, [schweiz@biogena.com](mailto:schweiz@biogena.com)

Online orders: [biogena.com](https://www.biogena.com)



INGREDIENTS per daily dose	1 Capsule	% NRV*
Vitamin D3	25 µg	500
<i>corresponds to I.U.</i>	<i>1000</i>	-
Vitamin K2 (K2VITAL®)	75 µg	100
Lutein	0.8 mg	-
Linseed oil	32.5 mg	-

\* % OF NUTRIENT REFERENCE VALUES IN ACCORDANCE WITH EU REGULATION 1169/2011.

## INGREDIENTS

Gelatine (**fish**), hydroxypropyl methyl cellulose (capsule shell), linseed oil, cholecalciferol, lutein, vitamin K2 (menaquinone-7).

## RECOMMENDED DOSAGE

1 capsule daily taken with plenty of liquid.

## NOTE

Food supplement in accordance with EU Directive 2002/46/EC

## IMPORTANT NOTICE

Patients who take anticoagulants should consult their doctor before taking vitamin K products.

## PACKAGE SIZE AND CONTENT

120 capsules (4 month supply), 46 g

Food supplement: The recommended daily dosage should not be exceeded. Not a substitute for a balanced and varied diet and a healthy lifestyle. Store in a dark, dry place at room temperature. Protect from heat. Keep out of reach of children. Suitable for diabetics. The information provided here is not a statement on healing or a recommendation to self-medicate. K2VITAL® is the registered trademark of Kappa Bioscience AS. Subject to print or typographical errors. Version: 21.03.2023



**Biogena GmbH & Co KG**  
Strubergasse 24, A-5020 Salzburg, biogena.com

Part of the  
Biogena Group 

**Toll-free Infoline Austria:** T +43 662 23 11 11, info@biogena.com  
**Infoline Germany, Italy and International:** T +49 8654 774 00-0, deutschland@biogena.com,  
italien@biogena.com, worldwide@biogena.com  
**Infoline Switzerland:** T +41 43 215 20 59, schweiz@biogena.com

Online orders: [biogena.com](https://www.biogena.com)



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