Osole Vitamin D3 + K1 + K2

Data Sheet

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For your immune system, bones and teeth

OSOLE is gently produced using full-spectrum extraction from purely organic raw material sources.

Support of the normal function of the immune system as well as the maintenance of teeth, muscles and bones²

Vitamin D3 in combination with vitamins K1 and K2 contributes to the normal function of the immune system and helps maintain teeth, muscles and bones. The ingredients in OSOLE come from organic raw materials and the highest-quality natural sources.

- Vitamin D–K combination
- Purely from natural sources
- Gentle full-spectrum extraction
- Especially for the cold season
- Strengthens teeth, bones and the immune system²

What is Osole Vitamin D3 + K1 + K2?

OSOLE is the sunshine boost for people who get too little sunlight. Through pure, **liquid vitamin D3 in combination with vitamins K1 and K2**, OSOLE helps maintain the normal function of the immune system as well as teeth, muscles, and bones.

The combination of vitamin D3 and K2 is particularly beneficial because both vitamins play a **role in calcium metabolism**. Vitamin D3 increases calcium absorption in the intestines, while vitamin K2 **directs calcium specifically into the bones and teeth** and prevents it from **accumulating in the blood vessels**. This way, the combination supports both **bone health** and **cardiovascular health** and ensures balanced calcium distribution in the body.

Vitamin D holds a special position, as the body can **produce it itself with the help of**

sunlight, whereas only a **small amount is obtained through food** – unlike all other vitamins. We therefore need to go outside into the sun to supply the body with vitamin D. This is why vitamin D is often called the “sunshine vitamin.”

However, anyone who spends little time in the sun or, like most people in Northern Europe, lives in a region with low sunlight exposure can **support their vitamin D supply with OSOLE.** Our OSOLE is gently produced using full-spectrum extraction from purely organic raw material sources.

Why Osole Vitamin D3 + K1 + K2 from artgerecht?

- 1,000 IU vitamin D3 per drop
- Ideal for people who get too little sunlight in everyday life
- Designed for long-term supply when vitamin D needs are increased, e.g. with low sun exposure or in winter
- As a combination preparation for optimal absorption and support of calcium metabolism²
- Perfectly dosable as drops
- Strengthens teeth, bones and the immune system2
- 100% natural, purely plant-based raw material sources
- Vegetarian and lactose-free1

Scientific background to Osole Vitamin D3 + K1 + K2?

Vitamin D and its special role as a **“quasi-vitamin”** Vitamin D occupies a unique position compared to other vitamins. While vitamins normally need to be obtained through food, the human **body can synthesize vitamin D itself with the help of sunlight**. Only a small portion is provided by foods such as fatty fish or eggs. Despite this unique ability, adequate vitamin D intake—especially in low-sunlight months—is essential for many bodily functions. OSOLE provides effective support to meet vitamin D needs and promote overall well-being.

OSOLE and its support for the immune system and muscle function2: Vitamin D plays a central role in maintaining a healthy immune system. It supports the bodys defenses by regulating the function of immune cells. Moreover, vitamin D contributes to normal muscle function, which is especially important for people with an active lifestyle.

By combining vitamin D with vitamins K1 and K2 in OSOLE, the effectiveness of vitamin D is enhanced, supporting not only the immune system but also bone health and muscle maintenance.

The comprehensive benefits of OSOLE for teeth and bones2: Vitamin D is essential for calcium absorption, which is crucial for healthy teeth and bones. OSOLE, with its combination of vitamins D3, K1 and K2, ensures optimal calcium utilization in the body. While vitamin D supports calcium absorption, vitamins K1 and K2 ensure that calcium is incorporated into the bones and teeth while also preventing calcification of the blood vessels. In this way, OSOLE helps maintain normal bones and teeth and promotes long-term bone health.

Frequently Asked Questions

What is vitamin D?

Strictly speaking, vitamin D is not a true vitamin. By definition, vitamins are essential organic compounds that the body must regularly obtain from food because it cannot produce them itself, or cannot produce them in sufficient quantities. Compared to other vitamins, vitamin D

has a special status because the body can synthesize it with the help of sunlight, while only a small portion is absorbed through food. Vitamin D is needed in many areas of the body. It contributes, for example, to the normal function of the immune system and supports the maintenance of normal teeth, normal bones, and healthy muscle function.[2]

What functions does vitamin D perform?

In our organism, vitamin D performs a wide range of functions, as indicated by the fact that the corresponding vitamin D receptor is present in practically all tissue types in our body. In addition to supporting the immune system and maintaining healthy teeth, bones, and muscle function, it contributes to normal calcium levels.[3] We can also obtain a small amount of vitamin D through food. However, it is found only in limited quantities in foods such as fatty fish, liver, or egg yolk.

Why is vitamin D deficiency so common?

The original spread of Homo sapiens across the Earth began from the equator in all directions. Near the equator, vitamin D production is ideal due to the climate — but today, much of the worlds population lives in other regions. Especially from October to May, people in Northern Europe do not get much sun. Additionally, due to work, many of us spend most of the day indoors rather than outdoors, reducing our vitamin D exposure.

Who should consider vitamin D supplementation?

Anyone who spends little time in the sun or, like most Northern Europeans, lives in a region with low sunlight exposure can support their vitamin D levels through dietary supplements.

Where do the ingredients in OSOLE come from?

The ingredients in OSOLE come from organic raw materials and the highest-quality natural sources. Vitamin D is extracted from lanolin (wool fat). MCT oil from coconuts and olive oil serve as plant-based carrier oils. We have also added vitamins K1 and K2 to the product because, in combination with vitamin D, they support the maintenance of normal bones as well as normal blood clotting.[3]

Why are vitamins K1 and K2 included in OSOLE?

Vitamin K is essential for the absorption and utilization of vitamin D, particularly in relation to bone metabolism. The isolated intake of high doses of vitamin D is not entirely undisputed. If higher amounts of vitamin D are consumed without adequate vitamin K, the positive effects of vitamin D can be reversed. The beneficial effects of vitamin D on the immune system and calcium transport from cells are sometimes discussed controversially. It has become clear that the effects of vitamin D are regulated by vitamin K and that these two vitamins should ideally be taken together. That is why we added vitamins K1 and K2 to OSOLE.

What makes OSOLE special?

Each drop of OSOLE provides the body with 1,000 IU of vitamin D3 in liquid form. The ingredients are gently extracted from lanolin (wool fat) and dissolved in MCT and olive oil.

OSOLE contains palm fruit extract. Is this sourced from sustainable cultivation?

Yes, we always ensure that all raw materials — especially palm fruit — come from sustainable sources.

What does “K2 MK7 all-trans” mean, and why is it important?

The **all-trans configuration** describes the natural, bioactive form of vitamin K2 (MK7). In this structure, the side chains of the molecule are arranged in a linear form, allowing the body to absorb and utilize the vitamin particularly well. Studies show that all-trans MK7 has a **higher biological activity and longer half-life** than other forms, meaning it stays in the body longer and contributes more effectively to bone health and vascular function.

Should I take additional magnesium?

Yes, because **magnesium is essential for the activation of vitamin D in the body**. Vitamin D undergoes several conversion steps — and **magnesium is directly involved in these processes**. Without sufficient magnesium, the body cannot fully use vitamin D, even if enough is supplied. Additionally, magnesium helps maintain balance between vitamin D, calcium, and vitamin K2. It supports the incorporation of calcium into bones instead of allowing it to accumulate in vessels or soft tissues. People who are **frequently tired, experience muscle cramps, or are under stress** may benefit from additional magnesium. For an **optimal nutrient balance**, it is therefore advisable to follow a magnesium-rich diet or, if necessary, take a high-quality magnesium supplement.

Ingredients

MCT oil, olive oil, phytomenadione (vitamin K1), cholecalciferol (vitamin D3), menaquinone-7 (vitamin K2)

Content	Amount per daily dose	% NRV4
Vitamin D3	25 µg (1,000 IU)	500%
Vitamin K1	125 µg	166%
Vitamin K2 (MK7)	13 µg	17%

Recommended intake

Take one drop daily, undiluted.

Additional information

- SKU/MPN: 15247
- Content: 15 ml
- Net filling quantity: 15 ml
- EAN/GTIN: 4260656121047
- PZN (DE): 19800832
- PZN (AT): 5961299
- Customs tariff number: 21069098
- Origin: DE
- Version: 16.04.2026

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1) Lactose content below 0.1 g / 100 g 2) Vitamin D contributes to the normal function of the immune system (bodys defense). Vitamin D contributes to the maintenance of normal muscle function. Vitamin D contributes to the maintenance of normal teeth. 3) Corresponds to the health claims of the European Commission, confirmed by the European Food Safety Authority (EFSA). 4) Nutrient reference values