



Fullscript-tested

Assessing D3+K2 potency

At Fullscript, we're committed to independently testing products we distribute to provide quality assurance and validate important safety and efficacy label claims.

As part of our commitment to quality, we selected various D3+K2 products distributed by Fullscript to test for potency claims. Based on US and Canadian industry guidelines, Fullscript's Medical Advisory Team defined a D3+K2 content of **100% or more** of label claims as the qualifying benchmark for quality confirmation.

Learn more about [Fullscript's commitment to quality](#).

About vitamins D3 and K2

Vitamins D3 and K2 synergistically support bone, cardiovascular, and immune health. (Gois 2017) Vitamin D3 aids calcium absorption from the gut, while vitamin K2 directs calcium to bones and teeth and may help prevent calcium buildup in soft tissues like arteries. (Eden 2023) Adequate calcium and vitamin D as part of a healthful diet, along with physical activity, may reduce the risk of osteoporosis in later life. (Weaver 2015)

Populations at risk for vitamin D deficiency include those with limited exposure to the sun, older adults (due to reduced synthesis), individuals with darker skin, people with obesity, and those with gastrointestinal disorders (Dawson-Hughes 2010) The 25-hydroxy vitamin D (25(OH)D) test is considered the gold standard for measuring vitamin D levels in the human body. It accurately reflects vitamin D status from dietary sources and sun exposure, making it the preferred test for assessing deficiency or sufficiency. (Holick 2011)

Vitamin K2 deficiency is more common in individuals with poor dietary intake of foods containing vitamin K and those on long-term antibiotic therapy. (Wu 2022) The prothrombin time (PT) test is commonly used to assess vitamin K deficiency, but it's not considered the gold standard for directly measuring vitamin K levels. PT primarily measures blood clotting ability, which can be affected by other factors. More specific tests, such as vitamin K1 (phylloquinone) plasma levels, can directly measure vitamin K status, though they are less commonly used due to cost and complexity. Vitamin K deficiency is often inferred through clotting tests, but direct measurements offer a more precise assessment. (Eden 2023)

Medications that may deplete vitamin D levels include antibiotics, bile acid sequestrants, and certain weight loss drugs, while anticoagulants (e.g., warfarin) can interfere with vitamin K2. (NIH)

To learn more about vitamin D, check out our [ingredient review](#). To learn more about vitamin K, check out our [blog](#).

D3+K2 quality concerns

Quality concerns with D3+K2 supplements include incorrect dosages, poor bioavailability, and contamination. (Starek 2023) To avoid these risks, consumers should purchase vitamins D and K from reputable sources that provide quality assurances, such as independent third-party testing results confirming the product's purity and potency. It's also important that products comply with current Good Manufacturing Practices (cGMPs) to ensure their quality.

130%

Average percentage of vitamin D3 content compared to label claims for Fullscript-tested D3+K2 products

Some overage of primary ingredients is necessary for product shelf life. The US Food and Drug Administration (FDA) mandates that dietary supplements meet label claims until expiration. Manufacturers, therefore, add extra ingredient amounts to ensure compliance. Delivery formats with less integrity, such as gummies and liquids, lose potency faster and require additional overage amounts.

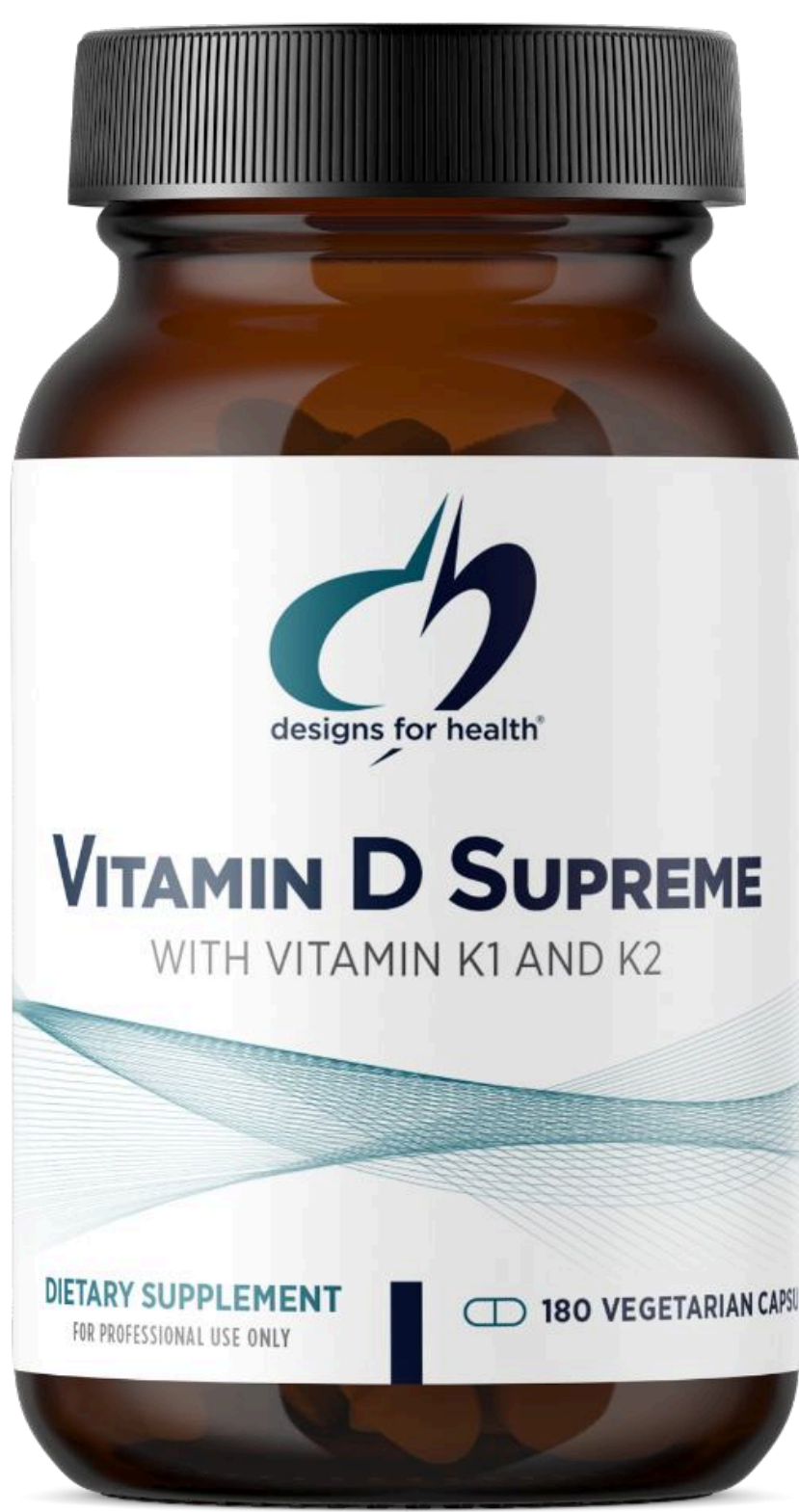


Featured Fullscript-tested products

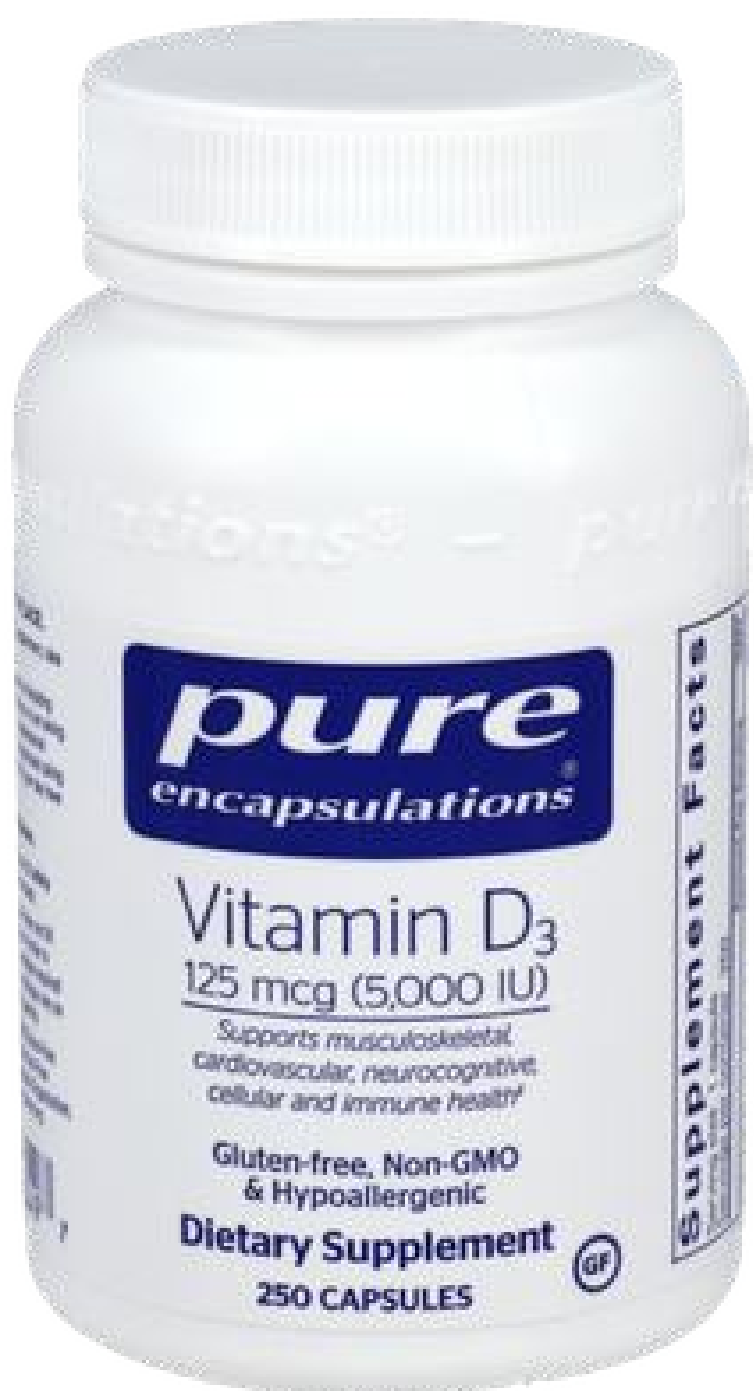
The Fullscript catalog experience will soon allow you to filter quality-tested products. The following are featured high-quality products that meet Fullscript’s potency standards.



**Quicksilver Scientific
Nanoemulsified D3K2**
SKU: [QSL-Q1023](#)
Results (D3%): 140%
Results (K2%): 169%
Results (K1%): N/A



**Designs for Health
Vitamin D Supreme**
SKU: [DFH-VDS060](#)
Results (D3%): 119%
Results (K2%): 117%
Results (K1%): 105%



**Pure Encapsulations
Vitamin D3 125mcg
(5,000IU)**
SKU: [PUR-VD51](#)
Results (D3%): 117.4%
Results (K2%): N/A
Results (K1%): N/A



**Seeking Health
Vitamin D3 + K2 60c**
SKU: [SKH-VITDK60CAPS](#)
Results (D3%): 142.8%
Results (K2%): 100%
Results (K1%): N/A

References

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