

break  
through  
to the  
real you



Bio-vitality.com

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## Client Information

# Osteo Support (120 vcaps)

£25.50

Osteo Support capsules provide calcium and other nutrients that are critical to building and maintaining healthy bones. While bones are in a constant state of turnover, they absorb less calcium as we age, gradually losing their strength and density over time. Several factors can help slow the rate of bone loss including regular weight-bearing exercise and sufficient intake of vital nutrients important in maintaining bone density. Calcium, magnesium, vitamin D, vitamin K, boron, and silicon work in complementary ways to support the density, strength, formation, and metabolism of bones.

**Calcium:** Calcium is the basic bone-building mineral required by the body. Adequate calcium intake every day, over a lifetime, is important for maintaining sufficient bone density as we age. While the body needs significant calcium levels to help support healthy bones and teeth, calcium is also a major player in helping to prevent or slow the progression of osteoporosis, a disease that leads to fragile, porous bones that are more susceptible to fracture.

**Magnesium:** Magnesium has a multi-faceted role in bone health. This mineral has an influence on calcium metabolism and bone formation through its role in converting vitamin D to its most active form. Magnesium is also helpful in regulating several hormones that affect calcium absorption and utilization while acting as a cofactor in over 300 enzymatic reactions.

**Vitamins D and K:** Vitamin D is a key regulatory hormone that helps the body ensure proper calcium levels are maintained for healthy bones and teeth. This vitamin assists the body's absorption of calcium while helping limit calcium loss in the urine. Vitamin K is necessary for proper bone structure due to its role in stimulating osteocalcin, the major bone matrix protein.

**Other Supportive Nutrients:** Boron is included for its usefulness in enhancing the absorption and utilization of both calcium and magnesium. Osteo Support also contains silicon in an active, soluble form that the body can readily use. Silicon supports the proper construction of collagen in the protein matrix of the bone ultimately generating an increase in bone density.

Osteo Support is an excellent addition to a healthy diet and exercise program for anyone who wants to support maximum bone health. Individuals may also choose to include a daily, high-potency multivitamin/mineral formulation for more complete bone support.

**Suggested Use:** 2 capsules twice daily with food.

**Cautions and Contraindications:** No adverse reactions have been reported.

Note: The amount of vitamin K, in Osteo Support is unlikely to have an effect on the anti-coagulant Warfarin. If it is prescribed, regular intake of Osteo Support is important to avoid significant daily fluctuations in daily vitamin K intake.

This product was made in a GMP and ISO 9001:2000 registered facility.

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This information service is not intended to make any claims or provide medical advice. Please [www.bio-vitality.com](http://www.bio-vitality.com) for clinical references.

Bio-Vitality Limited, PO Box 493, Guernsey, Channel Islands, GY1 6BY

### Ordering Options:

By phone or in person at Maureen Gillanders Body & Skin Care Clinic, Fort Complex, L'Islet, Guernsey, GY2 4SN.

Online at [www.bio-vitality.com](http://www.bio-vitality.com) (through Amazon).

Any cheques to be made payable to Maureen Gillanders (Guernsey) Limited.

## Supplement Facts

Serving Size 2 Capsules • Servings Per Container 60

Amount Per Two Capsules		% Daily Value
Vitamin D <sub>3</sub> (as cholecalciferol)	200 I.U.	50%
Vitamin K (50% as vitamin K <sub>1</sub> phytanadione and 50% as vitamin K <sub>2</sub> menaquinone-4)	200 mcg	250%
Calcium (as calcium citrate-malate)	250 mg	25%
Magnesium (as magnesium glycinate chelate**)	100 mg	25%
Boron (as boron aspartate-citrate)	0.5 mg	*
Silicon (as orthosilicic acid)	3 mg	*

\*Daily Value not established.

Other ingredients: Vcaps™ vegetarian capsule, cellulose, silicon dioxide, and L-leucine.

\*\*Albion Laboratories