Osteo-Vi-Min®

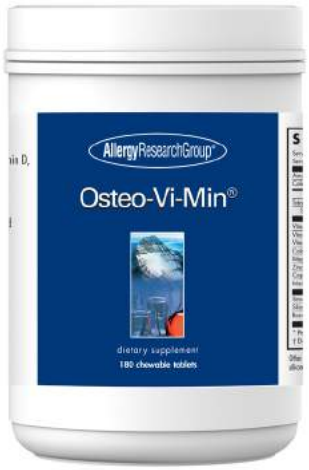
Comprehensive Bone Nutrition*

Osteo-Vi-Min® is a complete formula of vitamins and minerals that are essential for the health of the skeletal system.* It contains significant amounts of important nutrients involved with absorption and utilization of calcium, bone mineralization, and flexibility and integrity of the bone structure.* Many of the nutrients enhance the activity of other nutrients in the formula, combining to create a powerful synergistic and complete supplement for bone health.*

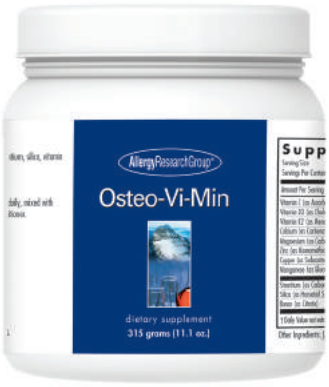
MUSCULOSKELETAL

Key Features

- Complete and synergistic nutritional support for skeletal health and integrity*
- Supports mineral absorption and utilization for optimal bone mineralization*



#75310
180 chewable tablets



#75070
315 grams (11.1 oz.) powder

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Almost a hundred years ago, strontium was found to support calcium metabolism and bone formation.* Over the ensuing years, studies have demonstrated that strontium increases bone formation without altering bone resorption, and works with or without added hormonal therapy.* In recent studies, strontium helped increase overall vertebrae density, and improve bone-building effects of calcium without added vitamin D or hormones.* In 2001 a long-time researcher wrote, "In addition to its antiresorptive activity, strontium was found to have anabolic activity in bone, and this may have significant beneficial effects on bone balance in normal animals."* It appears that strontium itself is the active element, because at least four different strontium salts have demonstrated efficacy.* Strontium is well tolerated and extremely safe when taken with calcium. Nutritional strontium is not the radioactive strontium associated with fallout.

Vitamin D3 helps regulate calcium absorption, and is essential for the growth, development and strength of bones and teeth.* It is also involved with many other bodily systems, including the GI tract, the nervous system and the skin.*

Vitamin K2 refers to a class of fat-soluble substances called menaquinones, found in a few foods and produced by intestinal microflora under ideal, healthy conditions. Besides its antihemorrhagic and antioxidant properties, vitamin K is essential for the metabolism, strength, integrity and mineral density of the bones.* Vitamin K promotes carboxylation of glutamyl residues on many bone proteins, which is associated with increased bone mineral density.* Osteocalcin, a regulator of bone mineralization, depends on vitamin K. Vitamin K may also inhibit bone resorbing substances, including prostaglandin E2 and interleukin-6, and enhance osteoblast-induced mineralization.* Supplemental vitamin K has no hemostatic activity in people who are not deficient in vitamin K.

Calcium is the body's most abundant mineral, essential to the health of the skeletal system, with over 99% found in the bones and teeth.* The rest is found in cells and body fluids, where calcium plays important roles in muscle contractions, cellular membrane pumps, fat digestion, transmission of nerve signals, and other bodily functions.* Research shows that calcium by itself can have some benefit for bone health.*

Magnesium is an often overlooked part of the nutrition puzzle, even though the U.S. Department of Agriculture reports that 75% of Americans do not get adequate magnesium from their diet. Magnesium is part of hundreds of enzyme reactions in the body, and is essential for metabolism of carbohydrates, proteins and fats, the transmission of nerve impulses, muscle contractions, detoxification and energy production.* Magnesium is crucial for healthy bones and teeth, and enables calcium to bind to tooth enamel.*

Vitamin C is the most important water soluble vitamin, involved in hundreds of enzymatic transactions throughout the body. It is stored in many tissues, with the adrenal glands containing the highest concentration. Vitamin C is essential in the production of collagen and elastin, proteins that provide structural integrity to musculoskeletal connective tissue and bones.* It is involved in the production of adrenal hormones that help the body respond to physical stress, and has been shown to support bone mineral density.* The vitamin C in Osteo-Vi-Min is naturally buffered due to the presence of minerals.

Zinc is involved with hundreds of enzymes, playing key roles in the immune system, the reproductive system, the sense of vision, taste and smell, the gastrointestinal system and the skin.* Zinc works with calcium and magnesium to support vitamin D activity and the health of the bones.*

Copper and **manganese** are important trace minerals, playing essential roles in several key antioxidant enzymes.* Almost all the body's manganese is stored in the bones, and both minerals are needed for the growth and maintenance of cartilage and bones.* Like vitamin C, both help in the production of collagen and elastin, and have been studied for their roles in supporting connective tissue and bone health.*

The herb **horsetail** (*Equisetum arvense*) is rich in silicon dioxide, or silica. Silicon is the most abundant mineral on earth, and is mostly found in the body in bones, tendons, skin, hair and nails. Preliminary research indicates a role for silicon in the production of collagen and potentially in the health of bones.*

Boron is concentrated in the body's dental enamel and bones. Boron is involved in the metabolism of vitamin D, calcium, magnesium and hormones.*

Lycopene is a beneficial pigment that gives tomatoes, guava, watermelon and pink grapefruit their red hue. It is a protective antioxidant carotenoid.* Recent studies suggest it may support production of the cells responsible for bone formation.*

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Osteo-Vi-Min® Chewable Tablets • #75310

Supplement Facts

Serving Size	2 Chewable Tablets	
Servings Per Container	90	
Amount Per Serving		
Calories	10	
		% Daily Value*
Total Carbohydrates	2.6 g	<1%
Sugars	0.28 g	†
Vitamin C (as Ascorbic Acid)	167 mg	278%
Vitamin D3 (as Cholecalciferol)	200 IU	50%
Vitamin K2 (as Menaquinone-7)	67 µg	83%
Calcium (as Carbonate, Hydroxyapatite, Citrate, Malate)	367 mg	37%
Magnesium (as Citrate, Glycinate)	133 mg	33%
Zinc (as Monomethionine Sulfate)	3.3 mg	22%
Copper (as Sebacate)	0.5 mg	25%
Manganese (as Gluconate)	1.7 mg	85%
Strontium (as Carbonate)	100 mg	†
Silica (as Horsetail Stems Extract)	2 mg	†
Boron (as Citrate)	1 mg	†

* Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established.

Other ingredients: Lycopene, sorbitol, honey, mannitol, xylitol, soy lecithin, natural cherry flavor, magnesium stearate, silicon dioxide.

Suggested Use: As a dietary supplement, 2 tablets one to three times daily, or as directed by a healthcare practitioner.

Osteo-Vi-Min® Powder • #75070

Supplement Facts

Serving Size	1 Teaspoon (3.5 g)	
Servings Per Container	90	
Amount Per Serving	% Daily Value*	
Vitamin C (as Ascorbic Acid)	167 mg	278%
Vitamin D3 (as Cholecalciferol)	200 IU	50%
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Boron (as Citrate)	1 mg	†

† Daily Value not established. * Percent Daily Value are based on a 2,000 calorie diet

Other ingredients: Lycopene, maltodextrin, natural cherry flavor.

Suggested Use: As a dietary supplement, 1 teaspoon three times daily, mixed with desired liquid, or as directed by a healthcare practitioner.