

Nutrition House, 24 Milber Trading Estate, Newton Abbot, Devon, TQ12 4SG. UK

Telephone: +44 (0) 8704 054 002 • Fax: +44 (0) 8704 054 003 • www.nutri-linkltd.co.uk

Osteo-B Plus®

Bone is a dynamic tissue that requires adequate nutrition for maintenance and growth. Maintaining a healthy balance between bone building osteoblasts and bone dissolving osteoclasts is dependent on adequate supplies of distinct nutrients. Osteoporosis is a condition associated with the abnormal reduction of bone density resulting from the excess loss of bone minerals, most notably calcium, often leading to fractures of the vertebrae and hips. While men are also affected, osteoporosis primarily affects women. The importance of calcium in preventing osteoporosis is well established. Interestingly, published data shows the majority of those suffering from osteoporosis are not necessarily calcium-deficient. Evidence clearly supports the view that multiple nutrients are essential to support a healthy skeletal system. **Osteo-B Plus®** supplies a wide array of essential and important nutrients to assist in the preservation of existing bone mineral mass and protein matrix and to support repair mechanisms. The comprehensive formula of **Osteo-B Plus®** includes: Calcium, supplied in the highly bioavailable citrate form, which is especially important for those having difficulty absorbing calcium due to conditions associated with low stomach acid (such as hypochlorhydria). Magnesium, a co-factor for key enzymes in bone, is necessary for remodeling, and is involved in the conversion of vitamin D to its active hormone form. In osteoporotic women, abnormal mineralisation has been correlated with low magnesium levels. Magnesium supplementation, when combined with calcium, may increase bone mineralisation. Micro-emulsified vitamin D supports calcium absorption. Manganese is included as it is required for the synthesis of connective tissue chondroitin sulfates that form the matrix upon which mineral deposition occurs. Zinc enhances the action of vitamin D and is a co-factor for alkaline phosphatase, an important enzyme found in bone. Copper is a co-factor for the enzyme that forms cross-links between collagen in connective tissue. Boron affects the actions of hormones associated with bone health. Boron deficiency increases the rate of calcium excretion. Silicon is required for the structural integrity of connective tissue and bone strength. Vitamin K is required for the synthesis of osteocalcin, the bone protein that attracts calcium to bone tissue. Other important nutrients contained in **Osteo-B Plus®** include B-Complex vitamins, vitamin C, purified chondroitin sulfate, SOD, and catalase.



Research Pertaining to Other Topics of Interest

CoQ10 cuts mortality by half in heart failure patients. A human study of 420 severe heart failure patients (Q-SYMBIO) compared individuals randomly selected to take CoQ10 or placebo, and who were monitored for 24 months. The goal was to measure the time it took for patients to experience a major adverse cardiovascular event (MACE), including cardiovascular death. The research showed that CoQ10 reduced the risk of MACE by about 50%, with only 14% of the patients on CoQ10 having an event vs. 25% of the placebo group during the study period. According to the lead author, "Other heart failure medications block rather than enhance cellular processes and may have side effects. Supplementation with CoQ10, which is a natural and safe substance, corrects a deficiency in the body and blocks the vicious metabolic cycle in chronic heart failure called the energy starved heart."

Mortensen SA, Kumar A, Dolliner P, et al. The effect of Coenzyme Q10 on morbidity and mortality in chronic heart failure. Results from the Q-SYMBIO study. Abstract no 440, European Journal of Heart Failure. (2013) 15 (S1), S20.