

TECHNICAL DATA SHEET



ORGAN SUPPORT OSTEO™

Promotes bone health. Helps support strong bones.

Decline in bone mass after the age of 35 to 40 years of age for both sexes (approximately 2% loss per year) is considered normal. Many factors such as a low calcium/high phosphorus intake, high protein diet, lack of physical exercise, high consumption of soft drinks, high salt intake, and trace mineral deficiencies may affect healthy bones. Coffee, alcohol, and smoking may also affect calcium levels in bones. **Osteo** formula contains the three most bioavailable forms of calcium along with essential bone building and strengthening ingredients. Now available with 800 IU of Vitamin D3!

Supplement Facts

Serving size: 3 capsules

Servings per container: 30

Amount per serving		%DV
Vitamin D3 (as Cholecalciferol) 800 IU	20 mcg	100%
Vitamin K2 (as Menaquinone, MK-7)	400 mcg	333%
Calcium as Calcium Citrate 300 mg as Calcium Malate 100 mg as Microcrystalline Hydroxyapatite 200 mg	600 mg	46%
Magnesium (as Citrate, Malate)	100 mg	24%
Ipriflavone	100 mg	*
Horsetail (Equisetum spp) concentrate (4:1) (aerial parts)	50 mg	*
Sea trace minerals	25 mg	*
Boron (as Aspartate)	1.5 mg	*
Vanadium (as Vanadyl Sulfate)	100 mcg	*

* Daily Value not established.

Other Ingredients: capsules (gelatin, purified water)

INGREDIENTS:

Calcium

Calcium in the body is over 99% contained in the bones and teeth. Calcium balance is generally positive during growth, neutral in the mature adult, and negative in older adults. The body loses calcium every day and must be replenished by diet and supplements. **Osteo** contains three forms of calcium: calcium citrate, calcium citrate-malate, and calcium hydroxyapatite (200mg of each form per serving). Calcium citrate is assimilated even in low acid environments and is more easily absorbed than calcium carbonate (1). Within the industry, there appears to be some debate involving calcium citrate versus calcium hydroxyapatite as to which form is the best. Regardless, both forms are acknowledged to be highly absorbable. Calcium microcrystalline hydroxyapatite is a calcium compound that contains minerals in their natural ratios, as well as residues of matrix, proteins, and glycosamino glycans (2).

Ipriflavone

Ipriflavone supports osteoblast function and bone density (3). Ipriflavone supports Type I collagen and the formation of mineralized bone matrix, further supporting healthy bone synthesis. Several studies support the efficacy of ipriflavone in maintaining healthy bone formation.

Replaces all previous versions: 8.24.21

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Magnesium

Magnesium is the second most plentiful cation in the intracellular fluid and the most plentiful cation in the body. Magnesium is involved with more than 300 enzyme systems. About a third of skeletal magnesium is on the surface of the bone and acts as a reservoir to maintain the extra cellular magnesium concentration. The remaining two-thirds of magnesium in bone is a constituent of bone crystals and is not readily available as a magnesium source (4). Magnesium deficiency leads to impairment of osteoblast (bone building cells) function, according to research. There is also evidence that magnesium deficiency increases the formation and activity of osteoclasts (bone resorbing cells).

Vitamin K

Vitamin K promotes healthy, strong bones by maintaining normal bone density (5).

Vitamin D3 (Cholecalciferol)

Vitamin D3 is a fat-soluble vitamin. Skin exposure to the sun provides as much as 80% to 90% of the body's vitamin D stores (6). Many North American women have inadequate vitamin D stores (7). Factors such as lack of exposure to sunlight, reduced skin synthesis of vitamin D, lower dietary intake, impaired intestinal absorption, and reduced metabolism to active forms of vitamin D by the kidneys, increase with aging (8). Vitamin D promotes optimal bone health by stimulating the absorption of calcium.

Horsetail (Equisetum)

Horesetail contains equisetonin and flavone glycosides that contain silica. Silica may be helpful for proper bone formation.

Boron

Boron is a trace mineral and is important in mineral metabolism (9). Boron may be helpful for proper bone formation.

Vanadium

Vanadium is a trace mineral that appears to be important in normal bone growth and proper bone formation.

Sea Trace Minerals

Sea trace minerals provide many necessary nutrients no longer found in today's diet. Sea trace minerals are included to enhance the growth and strength of the bone.

This formula is available in two sizes:
90 vegetarian capsules
180 vegetarian capsules

Patients: Consult with your healthcare professional for the proper use of this formula.

For more information about this and other Condition Specific Formulas® please visit our website at:

mountainpeaknutritionals.com
email us: support@mtnpeaknutrition.com



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