



## **Nutritional support for comprehensive bone health and maintenance**

### **APPLICATIONS / BENEFITS**

- Supports peak bone health and bone density
- Optimizes skeletal strength
- Supplies building blocks for bone remineralization
- Formulated for bioavailability and digestive comfort

### **OVERVIEW**

**Patient One OsteoOne™** with Ca, D3, K2 Complex supplies comprehensive support for bone health and maintenance. Bone health is dependent on a constant supply of micronutrients and OsteoOne is designed to mimic the composition of healthy bone matrix. By mirroring naturally occurring bone components in carefully calibrated ratios, OsteoOne optimizes the restoration of peak bone mineral density. OsteoOne is formulated with today's most advanced patented bone health ingredients, which share enhancements for promoting absorption and bioavailability, while supporting digestive comfort for better patient compliance.

### **KEY INGREDIENTS**

#### **Calcium and Magnesium:**

Over 75% of men and 22% of women fail to get enough calcium. OsteoOne supplies calcium with magnesium, providing essential elements for bone maintenance. OsteoOne's calcium is presented as DimaCal® dicalcium malate, a vegan form that is bonded to malic acid to maximize bioavailability. Calcium malate and calcium citrate/malate are both highly bioavailable forms of calcium. In a two-year, double blind, placebo-controlled trial, calcium citrate/malate provided bone mass support for postmenopausal women with low dietary calcium intake. Magnesium supports healthy bone mineralization, and OsteoOne supplies magnesium to further optimize absorption and utilization of DimaCal calcium.

#### **Vitamin D3:**

Cholecalciferol (vitamin D3) supports bone health by working with magnesium to aid in the metabolism of calcium, which benefits bone mineral density. Research indicates that those with low vitamin D levels have lower bone mass. Vitamin D also reduces urinary calcium loss. The body's production of vitamin D declines during aging, making supplementation important for seniors. Cholecalciferol is the form of vitamin D that is naturally occurring, synthesized in skin during exposure to sunlight. However, many factors can limit this production including lack of sun exposure, smog, sunblock, skin melanin content and geographic location.

#### **Vitamin K2 (as VitaMK7® menaquinone-7):**

An ultra-pure form of vitamin K2, VitaMK7 exhibits the highest bioavailability and longest half-life in the blood. Vitamin K2 (menaquinone-7) plays an active role in bone metabolism, calcium utilization and is associated with the reinforcement of bone mineral density. Proteins such as osteocalcin and matrix GLA protein (MPG) that are linked to healthy bone formation are activated by vitamin K2. OsteoOne includes Vitamin K2 for bone mass maintenance. K2 deficiency has been specifically linked to low bone mass in mature women.

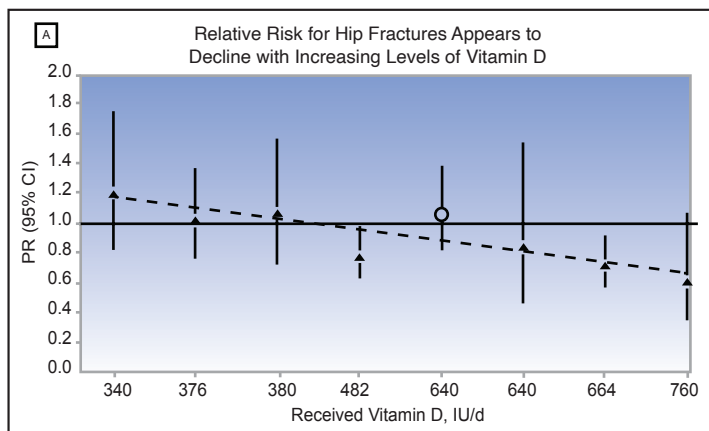
#### **Mineral Complex:**

OsteoOne is completed with bone-promoting minerals including zinc and manganese as TRAACS® glycinate chelates and FruiteX-B™ PhytoBoron, as well as natural silica derived from bamboo stems. Zinc and manganese

encourage healthy bone density, while boron maintains the wellness of bones and joints. Boron plays an important role in reducing urinary calcium and magnesium excretion. Silica promotes collagen synthesis, aiding in the strength and pliability of bones along with other crucial connective tissue.

## RESEARCH

- In a meta-analysis of 12 clinical trials totaling over 42,000 adults age 65 and up, researchers found that vitamin D supplementation (at a daily level of 400 international units and above) reduced hip fractures by 18% and reduced non-vertebral fractures by 20%.



- A population-based, cross-sectional study with more than 2,800 participants found that the intake of dietary silica was notably linked to increased bone mineral density in men and premenopausal women.

## REFERENCES

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## Supplement Facts

Serving Size: 4 Tablets

Servings Per Container: 30

Amount Per Serving		% DV*
Vitamin D3 (as cholecalciferol)	25 mcg	125%
Calcium (as DimaCal® Dicalcium Malate, dicalcium phosphate, calcium citrate)	1120 mg	86%
Phosphorus (as dicalcium phosphate)	90 mg	7%
Magnesium (as magnesium oxide)	500 mg	119%
Zinc (as TRAACS® Zinc Glycinate Chelate)	5 mg	45%
Manganese (as TRAACS® Manganese Glycinate Chelate)	2 mg	87%
Boron (from 112 mg of FruiteX-B™ PhytoBoron)	3 mg	**
Silica [from Bamboo extract ( <i>Bambusa vulgaris</i> ) (stems)]	5 mg	**
Vitamin K2 (as VitaMK7® Menaquinone-7)	200 mcg	**

\* Daily Values are based on a 2,000 calorie diet \*\* Daily Value not established

**Other Ingredients:** microcrystalline cellulose, stearic acid (vegetable), croscarmellose sodium, leucine, aqueous film coating (purified water, hydroxypropyl methylcellulose, glycerin)

**Free of:** milk, egg, fish, peanuts, crustacean shellfish, soy, tree nuts, wheat, yeast and gluten. Free of ingredients derived from GMOs.

**Suggested Use:** Take 4 tablets daily in divided doses, preferably with meals, as a dietary supplement or as directed by your health practitioner. Store in a cool, dry place.

**Caution:** If you are pregnant, nursing, have a history of kidney stones, or taking any medications, consult your health practitioner before use. Discontinue use and consult your health practitioner if any adverse reactions occur. Use with caution if you take blood thinners. Calcium should be taken separately from certain antibiotics and thyroid medications. **Keep out of reach of children.**

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Vegetarian

Gluten Free

Non-GMO

The statements in this document have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

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