



## Osteo Px

*Osteo Px provides 120 mcg vitamin K2 as MK7 for bone support*

Osteocalcin is a calcium binding protein in the blood that acts as a biochemical marker for bone formation. Serum osteocalcin is measured via a lab test, typically ordered for women past menopause.

Osteocalcin relies on vitamins D3 and K2, specifically in the form of MK4 or MK7. These nutrients support healthy bone metabolism via their supportive relationship with osteocalcin and calcium.

K2 supports vitamin D with calcium uptake safely guiding it to bone. Vitamin K2 is available through limited food options, such as grass-fed animal products and fermented foods. However, the typical Western diet lacks foods that provide adequate levels, so deficiency is more common than most physicians realize. Because K2 isn't stored in the body like other lipid soluble vitamins, it requires daily dosing for optimal bone metabolism.

K2 is available in supplement form as MK4 and MK7. MK4 is less ideal because it has a short half-life, so therefore requires multiple doses throughout the day. MK7 is the more bioavailable and active form of K2 which can be dosed once daily, making it the superior form of vitamin K2.

### Formula

Each/Chaque vegi cap contains:

Vitamin A (all-trans retinyl palmitate)	500 IU
Vitamin D3 (vitamin D)(cholecalciferol)	1000 IU
Magnesium (magnesium citrate)	25 mg
Boron (boron citrate)	700 mcg
Vitamin K2 (menaquinone-7)	120 mcg

**Other Ingredients:** hypromellose vegi-capsules, rice flour

**Ingredients non medicinaux:** hypromellose vegi-capsules, riz flour

### Formulation Features

- Contains the most MK7 per capsule currently allowed in Canada
- K2 and vitamin D work hand in hand to support osteocalcin activity
- K2 as MK7 supports arterial health
- Provides balanced vitamin A, D3 and K2 doses for optimal calcium metabolism
- Boron and magnesium support optimal bone health



95% of our herbs and herbal extracts are certified organic.

### Dispelling Vitamin K Myths

- **“Vitamin K1 converts to K2, so it doesn’t matter what form I take.”**
  - True that there is a conversion process, but it is too inefficient to supply adequate K2.
- **“K2 is synthesized in the intestines.”**
  - True, however this is only a minor source of this critical nutrient.

### Why Vitamins A & D?

Vitamins D3, K2 and A are fat soluble nutrients that work in concert to perform a balancing act. Vitamin D3 enhances calcium absorption but in high doses and unchecked has the potential to increase the risk of calcium being deposited in arteries. Co-factor vitamins K2 and A balance high levels of vitamin D by preventing calcium oversaturation and reducing the risk of misguided arterial calcium deposits. Osteo Px provides vitamins K2, A & D3 in moderate doses for optimal balance.

Boron and magnesium in readily absorbable citrate forms are included in the formula to support optimal bone metabolism.

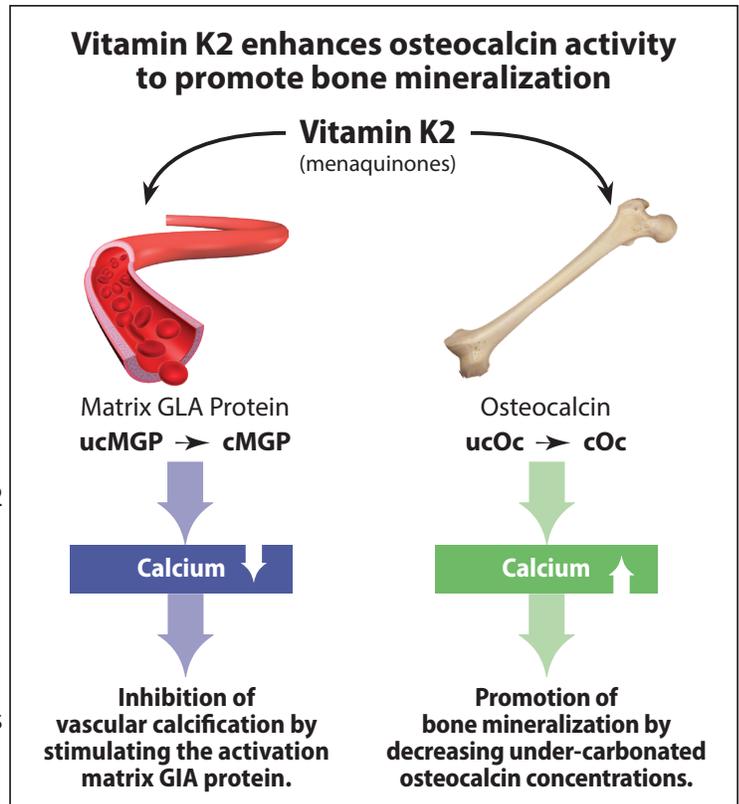
### Why isn’t Calcium in Osteo Px?

Most North American diets already provide adequate calcium. Adequate calcium from dietary sources plus vitamin D and K2 supplementation, as part of a well balanced diet, along with physical activity, may reduce the risk of osteoporosis.

### Supplementation:

Three capsules daily or as directed by your health care practitioner. Can be taken with or without food.

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### Diet and Lifestyle for Optimal Bone Health:

- Incorporate 30 minutes weight bearing exercise daily to strengthen bones. Weight bearing exercise includes jogging, dancing, aerobics and strength training.
- Incorporate calcium rich foods in daily diet, including leafy green vegetables, dairy products, sardines and almonds.
- Avoid smoking; alcohol in moderation.

**Caution:** If taking Coumadin (warfarin) or other prescription drugs, or if pregnant or nursing, consult your healthcare professional before using this product. Blood thinning drug doses may require adjustments while taking vitamin K2 at high doses .