



Physician Formulated, Clinical Results

New Product

Osteo Px



Osteo Px Provides 500 mcg Vitamin K2 as MK7 for Bone Density Support*

Why use the MK7 form of vitamin K2?

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.

Vitamin K2 is available through limited food options, such as grass fed animal products and fermented foods. It's highly bioavailable, however the typical Western diet lacks foods that provide adequate vitamin K2, 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.

Supplement Facts

Serving Size: 1 capsule		Servings Per Container: 60
Amount Per Serving % Daily Value		
Vitamin A (as all-trans retinyl palmitate)	2500 IU	50%
Vitamin D3 (as cholecalciferol)	5000 IU	1250%
Vitamin K2 (as K2 MK-7)	500 mcg	625%
Magnesium (as magnesium citrate)	25 mg	6.0%
Boron (as boron citrate)	3 mg	†

†=Daily Value not established

Other Ingredients: Vegetable Capsule (cellulose)

Formulation Features

- Contains the most MK7 per capsule (500 mcg) currently available
- Easy one per day dosing
- K2 and vitamin D3 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.

Advanced Research Wellness Center
www.AdvancedResearchWellness.com
(717) 733-2080

(717) 733-2080
clinic@ar4h.com

*The statements on this page have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent disease.



RESTORATIVE
FORMULATIONS

Physician Formulated, Clinical Results

Advanced Research Wellness Center
www.AdvancedResearchWellness.com
(717) 733-2080

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 K2, D3 and A are all fat soluble nutrients that work in concert to perform a balancing act. Vitamin D3 supports calcium absorption, but if taken in excessive doses, unchecked, it has the potential to absorb calcium excessively, and increase the risk of arterial deposits. Vitamins K2 and A help balance vitamin D levels, even when excessive, to prevent calcium oversaturation and misguided deposits.

Osteo Px provides vitamins K2, A & D3 in moderate doses for optimal balance.

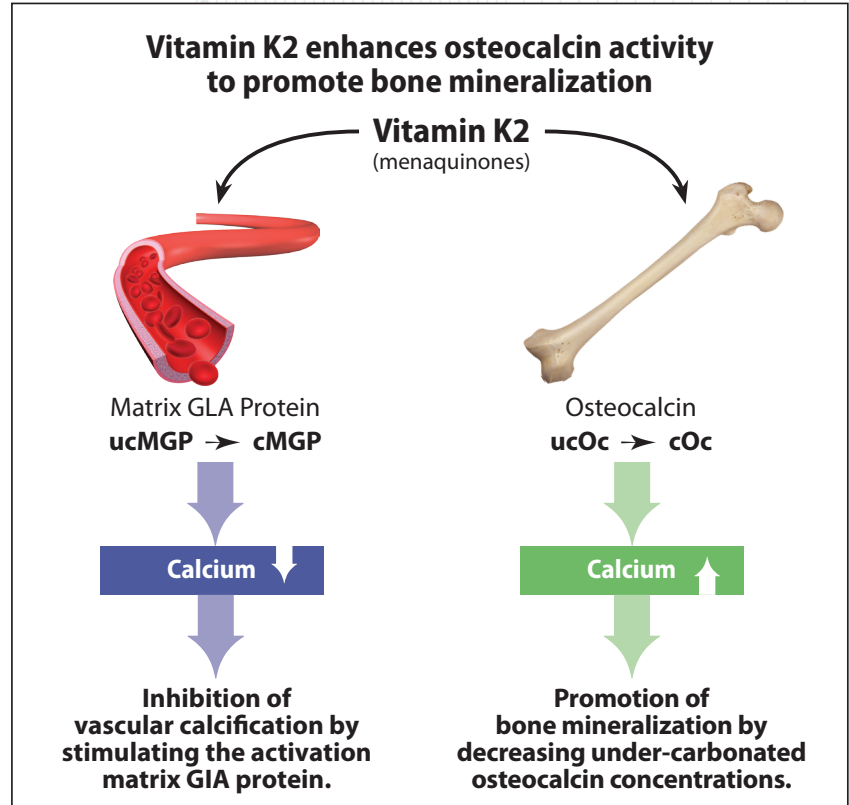
Boron and magnesium in readily absorbable citrate forms are included in the formula to support optimal bone metabolism.

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:

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



Diet and Lifestyle:

- 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 K.