

# OSTEOPREV PRODUCT INFO SHEET



## Description

A synergistic formula formulated for optimal bone health and maintenance.

## Ingredients

**Vitamin D3:** Is imperative for proper bone development. It is required for intestinal calcium absorption and increased bone mineral density. **Vitamin K:** Increases the calcium-binding affinity of certain proteins that are involved in bone formation, repair and remodeling. **Folic Acid:** Keeps homocysteine levels down, which have been shown to be responsible for having an adverse effect on the bones. **Calcium** (hydroxyapatite, aspartate & citrimal) is best absorbed in small doses throughout the day. These three types of calcium are highly bioavailable and well retained in the body. Non-chelated calcium salts may cause constipation, but in the elderly, certain salts, including calcium carbonate, have been shown to cause diarrhea, flatulence, nausea bloating, and gastrointestinal irritation. **Magnesium:** Is critical to the proper use and maintenance of calcium. In fact many individuals with "calcium deficiency" are not deficient in calcium at all, but instead are magnesium deficient; leading to improper use of calcium. **Manganese:** Is required for proper bone and cartilage formation and some reports have shown that women with osteoporosis tend to have low blood manganese levels. **Molybdenum:** Molybdenum is a trace mineral used in the body as a co-factor for several enzymes. **Copper:** Deficiency has been shown to reduce bone mineral content and bone strength. Other nutrients that have been shown to help strengthen bones are: phosphorus, boron, and strontium. **Ipriflavone:** Has been shown to inhibit bone resorption and increase bone mineral density in elderly osteoporotic women by enhancing the actions of other bone supporting and mass building substances.

## Supplement Facts

Serving Size: 4 Capsules  
Servings per Container: 30

| 4 capsules contain                                  | Amount Per Serving | % Daily Value |
|---|--------------------|---------------|
| Vitamin D3 (as Cholecalciferol)                     | 1000 IU            | 250%          |
| Vitamin K (as Phytonadione)                         | 1 mg               | 1250%         |
| Folic Acid  | 800 mcg            | 200%          |
| Calcium (as Hydroxyapatite, Citrimal)               | 200 mg             | 20%           |
| Phosphorus (as Calcium Hydroxyapatite, Chelate)     | 90 mg              | 9%            |
| Magnesium (as Buffered Amino Acid Chelate, Citrate) | 150 mg             | 38%           |
| Selenium (as Amino Acid Complex)                    | 200 mcg            | 286%          |
| Copper (as Lysinate)                                | 1 mg               | 50%           |
| Manganese (as Chelazome®)                           | 10 mg              | 500%          |
| Molybdenum (as Amino Acid Chelate)                  | 150 mcg            | 200%          |
| Ipriflavone   | 600 mg             | *             |
| Strontium Citrate                                   | 200 mg             | *             |
| Montmorillonite                                     | 150 mg             | *             |
| Boron (as Proteinate)                               | 5 mg               | *             |

\* % Daily Value not established

Other Ingredients: Natural vegetable capsules and Turmeric Root Extract. This product may contain one or more of the following: Ascorbyl Palmitate, Magnesium Stearate, Microcrystalline Cellulose, and Silicon Dioxide.

## Dosage

**SUGGESTED USE:** As a dietary supplement, 2 capsules two times per day with a meal or as recommended by your healthcare professional.

## Contraindications

*Mild stomach upset or allergic reaction may occur with any herbal product. Move dose closer to meals or cease product use if symptoms persist.*

*These statements have not been evaluated by the FDA. This product is not intended to treat, diagnose, prevent, or cure any disease. Consult a physician before taking. Should you experience any serious physical side effects from taking these nutritional supplements, discontinue and call your doctor immediately.*