

Product Information Sheet



Bone Health

Osteo-P-Complex

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Multivitamin/Mineral Complex for Bone Support with Vitamin K & Boron

Osteo-P-Complex is a multiple vitamin and mineral supplement providing specific nutritional support for a healthy skeletal system and bone metabolism.

Ingredients:

Each capsule typically contains:

Vitamin D (as cholecalciferol) (150 IU)	3.75 µg
Vitamin E (as d-alpha tocopheryl succinate)	18.42 mg
Vitamin C (calcium ascorbate)	28 mg
Vitamin B1 (as thiamin HCl)	2.8 mg
Vitamin B2 (as riboflavin)	2.8 mg
Vitamin B3 (as inositol hexaniacinate)	5.5 mg
Vitamin B6 (as pyridoxine HCl)	8 mg
Folic Acid	66.7 µg
Vitamin B12 (as cyanocobalamin)	5.5 µg
Biotin	33.3 µg
Pantothenic Acid (as d-calcium pantothenate)	5.5 mg
Vitamin K (as phytonadione)	55.6 µg
Calcium (citrate, bisglycinate)	55 mg
Magnesium (citrate, bisglycinate)	65 mg
Zinc (citrate)	1.6 mg
Manganese (citrate)	1.6 mg
Copper (aspartate, bisglycinate)	0.111 mg
Chromium (picolinate)	16.7 µg
Selenium (selenomethionine)	16 µg
Boron (sodium borate)	0.225 mg
Betaine HCl	2.8 mg
Phytase	0.22 PU(1)

(1) By Phytic acid method (pH 6.0)

Encapsulated with:

Cellulose
Calcium stearate
Silicon dioxide

Features:

Bone support requires a wide array of vitamins and minerals including a large amount of magnesium and calcium. More people consume amounts below the RDA of magnesium than any other mineral.

The enzyme phytase enhances the bioavailability of dietary minerals and B vitamins.

Chelating minerals to amino acids (aspartate, citrate etc) promotes superior absorption and bioavailability.

Boron is a trace mineral that is required in bone support.

Recommendation: 2-3 capsules three times daily, or as directed. Capsule can be split and contents added to food (avoid adding to liquid).

Caution: None known if directions are followed.

Contains ingredients derived from: Soy

Product Code: 5106

Package Size: 120