OsteoMD™
Complete Bone Health Support

This comprehensive formula supports bone mineralization and bone strength. OsteoMD™ also reduces the risk of osteoporosis. Now with natural Vitamin K2 which has been shown to help put the calcium into the bones and keep it out of the arterial walls.*

This formula is designed specifically to maintain existing bone and increase bone mass based on the latest clinical research. This formula is used with Essentials 5-in-1 for the additional bone-building support from additional Vitamin D3 and Vitamin K2, which also support cardiac and cognitive function.*

Specific special features include:

**Eggshell Calcium** is a highly bioavailable form of calcium which contains a full spectrum of trace nutrients needed for bone health. Some of those elements include strontium, magnesium, zinc and copper. Research reveals that eggshell calcium’s superior bioavailability is also derived from naturally occurring transporter proteins inherent in the eggshell matrix. This natural source of calcium that is easily utilized by the body has been shown in multiple clinical studies to not only stop bone loss but also build bone mineral density. Another clinical study showed that eggshell calcium reduced pain and bone reabsorption, and increased mobility and BMD after only 6 months. Eggshell calcium has even been shown in vitro to stimulate chondrocyte differentiation and cartilage growth.*

**Calcium Aspartate Anhydrous (CAA)**, which is superior to calcium citrate in that it supports bone building. In a study of 1,306 patients, after three months of treatment, CAA increased the bone mineral density at the lumbar spine by a mean of 4.07% vs. 0.64 in the calcium citrate only group.*

**Magnesium** as Albion's TRAACS Magnesium Glycinate, which is highly absorbable and very gentle on the GI tract. *

**Vitamin D3** taken simultaneously with calcium is mandatory to ensure maximum absorption. The inability to absorb calcium is the major reason that calcium therapy fails to prevent or slow the progression of osteoporosis.*

**Other minerals** that are essential for bone building include zinc, manganese, boron and copper.*

**Biopterin** which has been shown to increase the bioavailability of various nutrients.*

**Suggested Use:** Take four capsules daily, in divided doses, or as directed by your healthcare practitioner.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

References

4. Nielsen H. Studies on the relationship between boron and magnesium which possibly affects the formation and maintenance of bones. Magnes Trace Elem. 1990;9(2):61-9. “Because boron and/or magnesium deprivation causes changes similar to those seen in women with postmenopausal osteoporosis, these elements are apparently needed for optimal calcium metabolism and are thus needed to prevent the excessive bone loss which often occurs in postmenopausal women and older men....”
5. Mutlu M, Argun M, Kılıç E, Saraymen R, Yazar S. Magnesium, zinc and copper status in osteoporotic, osteopenic and
perhaps copper, may have beneficial effects on bone density.”


7. Stendig-Lindberg G, Tepper R, Leichter I. Trabecular bone density in a two year controlled trial of peroral magnesium in osteoporosis. Magnes Res. 1993 Jun;6(2):155-63. “The mean bone density of all treated patients increased significantly after 1 year (P < 0.02) and remained unchanged after 2 years (P > 0.05). The mean bone density of the responders increased significantly both after one year (P < 0.001) and after 2 years (P < 0.02), while in untreated controls, the mean bone density decreased significantly (P < 0.001).”


9. Tucker KL. Osteoporosis prevention and nutrition. Curr Osteoporos Rep. 2009 Dec;7(4):111-7. USDA Human Nutrition Research Center on Aging. “Several nutrients, including magnesium, potassium, vitamin C, vitamin K, several B vitamins, and carotenoids, have been shown to be more important than previously realized…”

10. Murray TM. Prevention and management of osteoporosis: consensus statements from the Scientific Advisory Board of the Osteoporosis Society of Canada. 4. Calcium nutrition and osteoporosis. CMAJ. 1996 Oct 1;155(7):935-9. “…Revised intake guidelines designed to reduce bone loss and protect against osteoporotic fractures are suggested…”