



— Your Trusted Source —

# OsteoBalance

Introduced 2002



## What Is It?

OsteoBalance provides a high calcium osteoporosis support formula with additional nutritional factors that promote optimal calcium absorption and retention and enhance healthy bone mineralization.\*

## Uses For OsteoBalance

**\*Osteoporosis Support Formula:** OsteoBalance provides 1,200 mg of calcium per serving, combined with a comprehensive profile of important bone building nutrients. Randomized, double blind, placebo-controlled studies have reported statistically significant benefits of calcium supplementation for bone health and osteoporosis support†. Calcium malate and calcium citrate/malate are both highly bioavailable forms of calcium. In a two-year, double blind, placebo-controlled trial, calcium citrate/malate provided bone mass support for postmenopausal women with low dietary calcium intake. One study demonstrated that concomitant supplementation of the trace minerals zinc, copper, and manganese with calcium citrate/malate helped to promote proper bone metabolism in postmenopausal subjects. Magnesium supports healthy bone mineralization and boron plays an important role in reducing urinary calcium and magnesium excretion. Like boron, vitamin D reduces urinary calcium loss but is also a key nutrient because it enhances calcium absorption.\*

## What Is The Source?

The nutrients found in OsteoBalance are derived from the following:

Vitamin C (as ascorbyl palmitate): corn dextrose fermentation and palm oil.

Vitamin D<sub>3</sub>: cholesterol from wool fat (lanolin)

Minerals: naturally derived from limestone

Sources of the mineral chelates include:

Aspartate: synthetic

Citrate/Malate: synthetic

Glycinate: synthetic

Picolinate: synthetic

## Recommendations

Pure Encapsulations recommends 2-7 capsules per day, in divided doses, with meals.

## Are There Any Potential Side Effects Or Precautions?

Pregnant or lactating women, and individuals with a history of kidney stones should consult their physician before use.

## Are There Any Potential Drug Interactions?

Calcium should be taken separately from certain antibiotics and thyroid medications. Calcium and magnesium should be taken separately from bisphosphonate medications. Consult your physician for more information.

## OsteoBalance

seven vegetarian capsules contain  00

calcium (as DimaCa <sup>®</sup> di-calcium malate and 50% as calcium citrate/malate) .....	1200 mg
vitamin D (as cholecalciferol)(D <sub>3</sub> ) .....	1,000 iu
magnesium (as di-magnesium malate).....	150 mg
zinc (as zinc picolinate).....	30 mg
copper (as copper glycinate).....	2.5 mg
manganese (as manganese citrate) .....	5 mg
boron (as boron glycinate).....	2 mg
silica (from bamboo (bambusa vulgaris) extract (stem and leaf)) .....	25 mg
ascorbyl palmitate (fat-soluble vitamin C) .....	102 mg
other ingredients: vegetarian capsule (cellulose, water)	

**2-7 capsules daily, in divided doses, with meals.**

\*Risk factors for osteoporosis include sex, race, age and inadequate calcium intake. Populations at highest risk for osteoporosis include Caucasian, Asian, postmenopausal women, and elderly women and men. Adequate calcium intake throughout life is linked to a reduced risk of osteoporosis, as calcium helps to optimize peak bone mass during adolescence and early adulthood in conjunction with exercise and healthy diet. Calcium intake greater than 2,000 mg per day has no further known benefit to bone health.

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