

## **Osteo-Support Formula™**

### **Supporting Healthy Bone Structure**

#### **DESCRIPTION**

Osteo-Support Formula™, provided by Douglas Laboratories, is a synergistic and comprehensive combination of vitamins, minerals, enzymes, herbals, and other nutrients, carefully formulated and specifically designed to maintain healthy bone structure and function.

#### **FUNCTIONS**

Studies show that a high percentage of adults in North America and other developed countries eat less than the minimum daily allowance of 10 or more essential nutrients. Adequate amounts and proper balance of these nutrients are needed not only for maintaining good health, but also for the dietary management of the body's structure as well as the optimum functioning of its various systems, including the skeletal system. The Osteo-Support Formula™ has been carefully developed to contain the right proportions of vitamins, minerals, trace elements, and other nutrients without danger of toxic build-up or other side effects. Each ingredient is selected in consideration of its absorbability, competitive relationship with other nutrients, allergenic potential, and long-term safety. Certain nutrients such as beta-carotene, vitamin C, vitamin E and B-complex vitamins are included in high-potency amounts because of the vital roles they play in antioxidant protection, energy production and the maintenance of healthy blood cells, the nervous system, hormonal balance, and more. Minerals and trace elements are provided in their safest and most bioavailable forms. The Osteo-Support Formula™ contains not only the base formula of Douglas Laboratories' Ultra-Specific Nutrition 2000 Series™ that offers intensive support for the healthy functioning of the body in general, but also a blend of herbs and additional nutrients specifically formulated for maintenance of good bone health. The adult human body contains approximately 1,200 g of calcium, about 99% of which is present in the skeleton, and 20-30 g of magnesium with about 60% located in bone. Bone is constantly turning over, a continuous process of formation and resorption. In children and adolescents, the rate of formation of bone mineral predominates over the rate of resorption. In later life, resorption predominates over formation. Therefore, in normal aging, there is a gradual loss of bone. Intestinal calcium absorption ranges from 15 to 75% of ingested calcium. Vitamin D is a key regulatory hormone for calcium and bone metabolism. Adequate vitamin D status is essential for ensuring normal calcium absorption and maintenance of healthy calcium plasma levels. Magnesium absorption is independent of vitamin D status and ranges from 30 to 60% of ingested magnesium.

Osteoporosis, a condition of reduced bone mineral density that can increase risk of fractures, affects a large proportion of the elderly in developed countries. Caucasian and Asian women typically have low peak bone densities, and therefore, are at the greatest risk of developing osteoporosis. It is generally accepted that obtaining enough dietary calcium throughout life can significantly decrease the risk of developing osteoporosis. Among other factors, such as regular exercise, gender and race, calcium supplementation during childhood and adolescence appears to be a prerequisite for maintaining adequate bone density later in life. But even elderly osteoporotic patients can benefit significantly from supplementation with dietary calcium. Osteo-Support Formula™ provides calcium citrate, a highly beneficial source of dietary calcium. Calcium citrate is highly absorbed and well tolerated form of calcium. Osteo-Support Formula™ does not give rise to intestinal gas production (due to release of carbon dioxide), bloating or constipation as is often experienced with other calcium preparations. Osteo-Support Formula™ also provides other nutrients that assist in the maintenance of healthy bone structure and function. For example, boron affects the composition, structure, and strength of bone. It appears to be necessary for calcium and magnesium absorption, their adequate renal reabsorption, and their incorporation into the bone matrix. Boron is absorbed at about 90% efficiency and is rapidly distributed among the tissues.

#### **INDICATIONS**

Osteo-Support Formula™ tablets may be a useful dietary supplement for those who wish to maintain healthy bones.

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**FORMULA (#4544)**

4 Tablets Contain:

Vitamin A (25% as Vitamin A Palmitate/75% [15,000 IU] as Beta-Carotene)	20,000 IU
Vitamin C (Ascorbic Acid)	1000 mg
Vitamin D-3	50 IU
Vitamin E (as Vitamin E Succinate)	200 IU
Vitamin K	150 mcg
Thiamine (as Thiamine HCl)	50 mg
Riboflavin	25 mg
Niacin/Niacinamide	120 mg
Vitamin B-6 (as Pyridoxine HCl/Pyridoxal-5-Phosphate Complex)	25 mg
Folic Acid	800 mcg
Vitamin B-12 (on Ion Exchange Resin)	100 mcg
Biotin	300 mcg
Pantothenic Acid (as d-Calcium Pantothenate)	150 mg
Calcium (from Calcium Citrate/Ascorbate/Carbonate Complex)	800 mg
Magnesium (from Magnesium Aspartate/Ascorbate/Oxide Complex)	400 mg
Zinc (from Zinc Aspartate/Krebs/Oxide Complex)	20 mg
Selenium (Organic Selenium from Krebs† Cycle and Kelp)	200 mcg
Copper (from Copper Amino Acid Chelate)	2 mg
Manganese (from Manganese Aspartate/Sulfate Complex)	15 mg
Chromium (Organically bound with GTF activity—low allergenicity)	200 mcg
Molybdenum (from Molybdenum Krebs†)	50 mcg
Potassium (from Potassium Aspartate/Chloride Complex)	75 mg
Choline (from Choline Citrate/Bitartrate)	20 mg
Inositol	25 mg
Citrus Bioflavonoid Complex	100 mg
PABA (para-Aminobenzoic Acid)	50 mg
Vanadium (from Vanadium Krebs†)	25 mcg
Boron (from Boron Aspartate/Citrate Complex)	1 mg
Strontium (from Strontium Aspartate)	10 mcg
Trace Elements (from Sea Vegetation)	100 mcg
Osteo-Support Proprietary Blend	500mg
Bioflavonoids, Hesperidin, Dong Quai (root), Licorice (root), Black Cohosh (root), Fennel (seed), Bromelain, Betaine HCl/Glutamic Acid HCl, Rutin, Proanthocyanidins (Red Wine Grapes), N-Acetyl-L-Cysteine/L-Cysteine HCl, L-Methionine	

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### **SUGGESTED USE**

Adults take 4 Tablets daily with meals or as directed by a healthcare professional.

### **SIDE EFFECTS**

No adverse side effects have been reported.

### **STORAGE**

Store in a cool, dry place, away from direct light. Keep out of reach of children.

### **REFERENCES**

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**For more information on Osteo-Support visit [douglaslabs.com](http://douglaslabs.com)**

† 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.

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Your patients trust you.**