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ONCE A DAY OSTEO

Maintains strong bones and supports bone density.

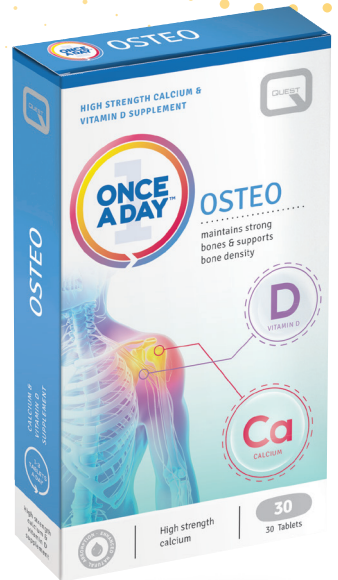
Nutritional Information

One tablet provides:

		*%NRV
Calcium Amino Acid Chelate	1333 mg	
Calcium 333 mg		41
Vitamin D3	1.67 µg	33

*NRV = Nutrient Reference Values

Take one to three tablets daily with food.



- Helps to maintain strong bones and reduce the risk or progression of osteoporosis.
- Recommended for women, adolescents and the elderly.
- Helps reduce the risk of bone fracture and bone loss.

DESCRIPTION

Provides calcium and vitamin D needed for the maintenance of normal bone, teeth and muscle function. Supplementing with calcium and vitamin D may help reduce the risk of bone fractures and the risk or progression of osteoporosis. Women of menopausal age are recommended to take a calcium and vitamin D supplement for bone health. Vitamin D, included as a synergistic nutrient, helps to maintain normal blood calcium levels to help reduce loss of bone material and also helps to support immune function.

Bone disorders such as osteoporosis poses a significant public health issue and can cause a significant decrease in the quality of life and even lead to death. Prevention of fractures and bone loss is paramount to the quality and extension of life.

CALCIUM & BONE HEALTH

Calcium is the major structural component of bone in the form of a calcium phosphate salt called hydroxyapatite. Evidence suggests that peak bone mass and subsequent bone losses are related to calcium intake. Calcium and vitamin D supplementation has been demonstrated in a large number of clinical trials to reduce the risk of fracture, bone loss and to reduce the risk of osteoporosis.

VITAMIN D & BONE HEALTH

The addition of vitamin D aids further with calcium absorption. Vitamin D is a major stimulator of intestinal calcium absorption and facilitates cellular calcium absorption. Vitamin D is often found to be deficient in modern civilisations due to our lack of sunlight, and supplementation is recommended to anyone at risk of deficiency or bone disorders.

Vitamin D is also an immune regulator and aids with self-tolerance, T and B lymphocytes and immune regulatory cells. People with autoimmune conditions and autoantibodies generally have disordered bone metabolism which can result in bone mineral loss. This is partially due to the way in which inflammatory markers interact with bone cells¹, and the presence of osteoprotegerin antibodies which occur in a variety of autoimmune conditions². Increasing vitamin D levels may help to regulate these antibodies and slow disease progression.

SUPERIOR CALCIUM ABSORPTION

All minerals must be attached, bonded or chelated to a carrier. The type of carrier material used will influence how easily a mineral can be absorbed and utilised by the body. Amino acid chelated calcium exists as a combination of calcium with amino acid carriers, forming a neutrally charged compound that is easily and quickly absorbed by the body into the bloodstream without causing gastrointestinal side-effects. Scientific studies have demonstrated that amino acid chelated calcium is absorbed as much as 2 times better than other forms of calcium (e.g. calcium carbonate).

FEATURES

- Chelated mineral form for optimum absorption and utilisation
- Contains vitamin D to help calcium absorption
- High strength 1000 mg daily dose per three tablets.

HEALTH NEEDS



BONES



MENOPAUSE



SENIOR'S HEALTH

SCIENTIFIC REFERENCES

1. Calcif Tissue Int. 2017 Dec 4
2. Bone Abstracts.2013;1:PP383

