

TECHNICAL DATA SHEET



Improved formula!



ORGAN SUPPORT OSTEO™

Promotes bone health. Helps support strong bones.

Decline in bone mass after the age of 35 to 40 years of age for both sexes (approximately 2% loss per year) is considered normal. Many factors such as a low calcium/high phosphorus intake, high protein diet, lack of physical exercise, high consumption of soft drinks, high salt intake, and trace mineral deficiencies may affect healthy bones. Coffee, alcohol, and smoking may also affect calcium levels in bones. **Osteo** formula contains three of the most bioavailable forms of calcium, now including marine-sourced Lithothamnium Red Algae calcium, along with essential bone building and strengthening ingredients.

Supplement Facts

Serving size: 4 capsules

Servings per container: 30 or 60

Amount per serving		%DV
Calcium (as Lithothamnium: Red Algae, Citrate, Malate)	600 mg	46%
Vitamin D3 (as Cholecalciferol) 800 IU	20 mcg	100%
Vitamin K2 (as Menaquinone, MK-7)	120 mcg	100%
Magnesium (as Citrate, Malate)	100 mg	24%
<i>Osteo Proprietary Blend:</i>	103 mg	*
<i>lpriflavone, Boron (as Aspartate)</i>		

* Daily Value not established.

Other Ingredients: vegetarian capsules (hypromellose, purified water), rice flour

Available in two sizes:
120 vegetarian capsules
240 vegetarian capsules

In order to achieve the highest absorption, Osteo formula suggested use is 2 capsules taken twice daily with food.

INGREDIENTS:

Calcium

Calcium in the body is over 99% contained in the bones and teeth. Calcium balance is generally positive during growth, neutral in the mature adult, and negative in older adults. The body loses calcium every day and must be replenished by diet and supplements. **Osteo** contains three forms of calcium: calcium citrate, calcium malate, and calcium from Lithothamnium Red Algae.

Lithothamnium Red Algae calcium is a natural, marine-sourced multi-mineral, derived from the cytoskeleton of the red algal Lithothamnium spp. Over the course of the aquatic plant's life, minerals are accumulated from the seawater. It is a source of 74 microminerals, including the essential bone-health minerals boron, silicon, phosphorus, vanadium, and potassium. Calcium from Lithothamnium Red Algae has been shown in clinical trials to have excellent bioavailability, support healthy bone density and to be better than glucosamine for supporting bone and joint health and mobility (1).

Calcium citrate and malate are very absorbable forms and contain 20% elemental calcium (2,9). They are added to **Osteo** to provide a variety of absorbable calciums that address bone health and meet a wide range of consumer constitutions. When taking calcium long-term, absorption is highest when taking less than 500 mg per portion (10).

Replaces all previous versions: 3.15.24

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.

Ipriflavone

Ipriflavone supports osteoblast function and bone density (3). Ipriflavone supports Type I collagen and the formation of mineralized bone matrix, further supporting healthy bone synthesis. Several studies support the efficacy of ipriflavone in maintaining healthy bone formation. It is sometimes classified as a phytoestrogen; however, it has no estrogenic activity (11). Absorption is increased if it is taken with food, especially foods that contain some fat (11).

Magnesium

Magnesium is the second most plentiful cation in the intracellular fluid and the most plentiful cation in the body. Magnesium is involved with more than 300 enzyme systems. About a third of skeletal magnesium is on the surface of the bone and acts as a reservoir to maintain the extra cellular magnesium concentration. The remaining two-thirds of magnesium in bone is a constituent of bone crystals and is not readily available as a magnesium source (4). Magnesium deficiency leads to impairment of osteoblast (bone building cells) function, according to research. There is also evidence that magnesium deficiency increases the formation and activity of osteoclasts (bone resorbing cells).

Vitamin K

Vitamin K promotes healthy, strong bones by supporting normal bone density (5). Vitamin K is a fat-soluble vitamin that is involved in bone metabolism. Osteocalcin is a vitamin K-dependent protein that is present in bone and is involved in bone mineralization or turnover (12).

Vitamin D3 (Cholecalciferol)

Vitamin D3 is a fat-soluble vitamin. Many North American women have inadequate vitamin D stores (6). Factors such as lack of exposure to sunlight, reduced skin synthesis of vitamin D, lower dietary intake, impaired intestinal absorption, and reduced metabolism to active forms of vitamin D by the kidneys, increase with aging (7). Vitamin D promotes calcium absorption in the gut. Bone cells (osteoclasts and osteoblasts) utilize it for bone growth and bone remodeling. Together with calcium, vitamin D helps support the needs for healthy bone support of older adults (13).

Boron

Boron is a trace mineral and is important in mineral metabolism (8). Boron is a necessary micromineral for bone health. It works in conjunction with calcium to help support healthy bone density.

Patients: Consult with your healthcare professional for the proper use of this formula.

For more information about this and other Condition Specific Formulas® please visit our website at:

mountainpeaknutritionals.com

email us: support@mntnpeaknutrition.com



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