TECHNICAL DATA SHEET

Improved formula!

MOUNTAIN PEAK NUTRITIONALS®

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. Now soy-free and 100% vegan!

Supplement Facts

Serving size: 4 capsules
Servings per container: 30

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%
Osteo Proprietary Blend:	103	mg	*
Ipriflavone, Boron (as Aspartate)			

* Daily Value not established.

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

Available in two sizes: 120 and 240 count

In order to achieve the highest absorption, Osteo suggested use is two capsules 2 times per day.

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 is 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 (2,10). 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 (11).

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 (12). Absorption is increased if it is taken with food, especially foods that contain some fat (12).

Replaces all previous versions: 9.29.22

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 maintaining 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[3].

The RDA for Vitamin K for women over 19 years old is 90 mcg. The RDA for men over 19 years old is 120 mcg[3]. Osteo contains 120 mcg of Vitamin K.

Vitamin D3 (Cholecalciferol)

Vitamin D3 is a fat-soluble vitamin. Skin exposure to the sun provides as much as 80% to 90% of the body's vitamin D stores (6). Many North American women have inadequate vitamin D stores (7). 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 (8). Vitamin D promotes optimal bone health by stimulating the absorption of calcium.

Vitamin D promotes calcium absorption in the gut. Bone cells (osteoclasts and osteoblasts) need it for bone growth and bone remodeling. Without sufficient vitamin D, bones can become thin, brittle, or misshapen. Together with calcium, vitamin D helps protect older adults from osteoporosis[2].

The RDA for Vitamin D is 15 mcg for people 51-70 years old and 20 mcg for people over 70 years old[2]. Osteo contains 20 mcg of Vitamin D3.

Horsetail (Equisetum)

Horesetail contains equisetonin and flavone glycosides that contain silica. Silica may be helpful for proper bone formation.

Boron

Boron is a trace mineral and is important in mineral metabolism (9). Boron may be helpful for proper bone formation.

Vanadium

Vanadium is a trace mineral that appears to be important in normal bone growth and proper bone formation.

Sea Trace Minerals

Sea trace minerals provide many necessary nutrients no longer found in today's diet. Sea trace minerals are included to enhance the growth and strength of the bone.

This formula is available in two sizes:
90 vegetarian capsules
180 vegetarian capsules

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@mtnpeaknutrition.com

MOUNTAIN PEAK NUTRITIONALS®

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