



OsteoBalance^{*}

Introduced 2002

What Is It?

OsteoBalance provides comprehensive osteoporosis support formula to promote optimal calcium absorption and retention, and enhance healthy bone mineralization.*

Uses For OsteoBalance^{*}

Osteoporosis Support Formula: OsteoBalance provides 514 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, while boron plays an important role in reducing urinary calcium and magnesium excretion. Vitamin D likewise reduces urinary calcium loss and is also a key nutrient due to its ability to enhance 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 D₃: 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 3 capsules, 1-2 times daily, 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^{*}

three vegetarian capsules contain		00
vitamin D (as cholecalciferol)(D ₃)	428 IU
calcium (as DimaCal [®] di-calcium malate and 50% as calcium citrate/malate)	514 mg
magnesium (as di-magnesium malate)	64 mg
zinc (as zinc picolinate)	12 mg
copper (as copper glycinate)	1 mg
manganese (as manganese citrate)	2.1 mg
boron (as boron glycinate)	0.85 mg
silica (from bamboo stem extract)	10.7 mg
other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate		
3 capsules, 1-2 times daily, with meals.		

DimaCal[®] is a registered trademark of Albion Laboratories, Inc. Malates covered by U.S. Patent 6,706,904 and patents pending.

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. 800-753-2277 | PureEncapsulations.com

The information contained herein is for informational purposes only and does not establish a doctor-patient relationship. Please be sure to consult your physician before taking this or any other product. Consult your physician for any health problems.