

Osteo EasySticks

Introduced 2017



What Is It?

Osteo EasySticks provides a blend of bioavailable vitamins, chelated minerals and collagen to promote musculoskeletal health, including bone mineralization and muscle function. This great-tasting novel powder is designed to be taken directly in the mouth without mixing and is lightly sweetened with xylitol, apple and cranberry powders, cinnamon, clove, and stevia leaf extract.*

Special Features:

- Sprinkle directly in the mouth with no mixing needed
- Comprehensive profile of bioavailable vitamins, chelated minerals and collagen
- Supports musculoskeletal health; may reduce the risk of osteoporosis†
- Great-tasting apple cinnamon flavor

†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.

Uses For Osteo EasySticks

Musculoskeletal Support: Randomized, double-blind, placebo-controlled studies have reported statistically significant benefits of calcium supplementation for bone health. KoAct® is a proprietary calcium-hydrolyzed collagen material designed to support the protein collagen framework and mineralization of bone. In a comparison study between KoAct® and calcium carbonate, KoAct® was found to promote bone synthesis, as indicated by a significant change in the BAP/TRAP5b ratio, a biomarker of bone synthesis and resorption. Additional research suggests support for bone mineral density, as indicated by total body DXA scan. Vitamin D promotes intestinal calcium absorption and reduces urinary calcium loss. A seven-year study involving over 30,000 women indicates that combined calcium and vitamin D supplementation promotes healthy hip bones.

Vitamin K enhances bone formation by carboxylating osteocalcin. This enables osteocalcin to bind to calcium and promote healthy bone mineralization. Adequate intake of vitamin K₁ and K₂ may be especially important for optimal carboxylation in aging individuals. By activating matrix Gla-protein (MGP), vitamin K also helps maintain healthy calcium metabolism in vascular tissues, supporting healthy vascular elasticity. Magnesium, like calcium, is an essential bone matrix mineral that promotes healthy bone metabolism. Magnesium is also key for maintaining healthy muscle contractile function, along with calcium and potassium. Hydrolyzed collagen offers a source of amino acids, particularly proline, hydroxyproline, arginine and glycine. Arginine and glycine are important for creatine synthesis, while proline and hydroxyproline are key components of cartilage and collagen in the body. Animal studies suggest that hydrolyzed collagen may promote bone mineralization and strength, possibly by enhancing osteoblast activity.‡

What Is The Source?

Calcium, magnesium and potassium are derived from elemental ore. Citrate is derived from corn dextrose fermentation. Vitamin K₁ is synthetic. Vitamin K₂ (MK-7) is naturally derived from flower extracts geraniol and farnesol. Vitamin D₃ is derived from lanolin. Apple powder derived from organic whole fruit. Cranberry concentrate is derived from *Vaccinium macrocarpon* fruit. Xylitol is derived from corn cob. Malic acid is synthetic. KoAct® collagen and collagen peptides are highly purified, originally derived from bovine hide.

Recommendations

Pure Encapsulations® recommends 1 stick pack, sprinkled directly in the mouth, with a meal. Powder will require multiple mouthfuls. Take with a beverage. Powder can be mixed with food.

Are There Any Potential Side Effects Or Precautions?

High doses of magnesium can cause loose stools. Vitamin K may be contraindicated for individuals on dialysis treatment. If pregnant or lactating, or have a history of kidney stones, consult your physician before taking this product.

(continued)

Are There Any Potential Drug Interactions?

Vitamin K is contraindicated for individuals taking Coumadin/warfarin blood thinning medication. 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.

Osteo EasySticks

1 stick pack (approximately 6.4 g) contains   v

calories	10
total carbohydrate	1 g
total sugars	<1 g
sugar alcohols	1 g
protein	1 g
vitamin D (as cholecalciferol) (D ₃)	25 mcg (1,000 IU)
vitamin K (as vitamin K ₁)	50 mcg
calcium (as calcium citrate	450 mg
and 22% as KoAct® calcium collagen chelate)	
magnesium (as di-magnesium malate)	100 mg
potassium (as potassium citrate)	50 mg
vitamin K ₂ (as menaquinone-7)	70 mcg
collagen peptides (as KoAct® calcium collagen	1,000 mg
chelate and 35% collagen peptides) (from bovine)	
cranberry (<i>Vaccinium macrocarpon</i>) concentrate (fruit)	150 mg
other ingredients: xylitol, organic apple powder, cinnamon bark powder, malic acid, cranberry fiber, citric acid, stevia leaf extract, guar gum, sunflower lecithin, clove flower bud powder, cranberry seed oil	

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KoAct® is a trademark of AIDP, Inc.