



# OsteoBalance

## INTRODUCED 2002

### What Is It?

OsteoBalance provides a high calcium osteoporosis support formula with additional nutritional factors that promote optimal calcium absorption and retention and enhance healthy bone mineralization.\*

### Uses For OsteoBalance

**†Osteoporosis Support Formula:** OsteoBalance provides 1,200 mg of calcium per serving from calcium citrate/malate and calcium microcrystalline hydroxyapatite (MCHA). This formula also includes a comprehensive profile of important bone building nutrients. Calcium citrate/malate has excellent bioavailability and provided bone mass support for postmenopausal women with low dietary calcium intake in a two-year, double blind placebo-controlled trial. In a separate two-year trial, calcium MCHA maintained healthy bone mineral content in volunteers. 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 and boron plays an important role in reducing urinary calcium and magnesium excretion. Like boron, vitamin D reduces urinary calcium loss but is also a key nutrient because it enhances calcium absorption.\*

### What Is The Source?

The nutrients found in OsteoBalance are derived from the following:  
 Calcium microcrystalline hydroxyapatite: New Zealand or Australian pasture-fed, pesticide-free bovine.  
 Vitamin C (as ascorbyl palmitate): corn dextrose fermentation and palm oil.

Vitamin D<sub>3</sub>: cholesterol from wool fat (lanolin)  
 Minerals: naturally derived from limestone  
 Horsetail extract: *Equisetum arvense* (stem)  
 Sources of the mineral chelates include:  
 Aspartate: synthetic  
 Citrate/Malate: synthetic  
 Glycinate: synthetic  
 Picolinate: synthetic

### Recommendations

Pure Encapsulations recommends 2-7 capsules per day, in divided doses, with meals.

### Are There Any Potential Side Effects Or Precautions?

Not to be taken by pregnant or lactating women. Individuals with heart or kidney problems or who experience water retention and swelling should avoid products containing horsetail extract.

### Are There Any Potential Drug Interactions?

Horsetail should not be taken in conjunction with diuretic medications.

#### OsteoBalance

seven vegetable capsules contain  00

calcium (microcrystalline hydroxyapatite).....	600 mg.
calcium (citrate/malate) .....	600 mg.
vitamin D <sub>3</sub> .....	1,000 i.u.
magnesium (aspartate).....	115 mg.
zinc (picolinate) .....	30 mg.
copper (glycinate) .....	2.5 mg.
manganese (aspartate).....	10 mg.
boron (glycinate).....	2 mg.
equisetum arvense (horsetail) extract (stem).....	300 mg.
vitamin C (as ascorbyl palmitate) .....	102 mg.

**2-7 capsules per day, in divided doses, with meals.**

\*Risk factors for osteoporosis include sex, race, age and inadequate calcium intake. Populations at highest risk for osteoporosis include Caucasian, Asian, and 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 & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.**

For educational purposes only. Consult your physician for any health problems.