



# OSTEOACTIVE™

- **A formula to help maintain bone strength, function and health.\***
- **OsteoActive™ is a synergistic formula that contains 14 well-researched nutrients to:**
  - Support the organic and inorganic matrix of bone\*
  - Support hormone balance\*
  - Provide bioavailable minerals for bone health\*
  - Support bone density\*

## Bone Health

- Bone consists of an inorganic and organic matrix.
  - The inorganic matrix is approximately 75% of the dry weight of bone and is mainly calcium hydroxyapatite crystals. The inorganic matrix of bone is responsible for providing bones with the ability to withstand hard impact.
  - The organic matrix of bone is composed of collagen (approximately 90%), chondroitin sulfates and glycoproteins.

The balanced process of bone breakdown and regeneration, to keep bone mass constant, declines with age and breakdown begins to exceed regeneration leading to loss of bone mass. It is estimated that 25 million people in the United States are affected by brittle bones. Age, medications, lack of exercise, smoking, genetics, caffeine and alcohol consumption, and diet can also contribute to bone loss. Healthy bone requires calcium, magnesium, boron, potassium, folic acid, and vitamins C, D, E and K.

## Calcium Support and Mineral Balance

- **Calcium hydroxyapatite** is highly absorbable and a superior source of calcium that provides other essential minerals (such as magnesium, potassium, zinc, copper, manganese, silicon, and iron) and proteins necessary for bone health and strength.\*
- **Magnesium, Boron and Vitamin D** support calcium absorption and utilization and decrease the loss of bone calcium.\* Vitamin D is also for calcium deposition in the bones.\*

## Bone Building and Hormone Balance

- **Resveratrol and Ipriflavone** have an “estrogen-like” effect on bone by supporting the proliferation of the bone-building cells (osteoblasts) to balance the bone building process.\*

## Bone Strength

- **Chondroitin** sulfates support strong bones by forming compression resistant networks between collagen fibers within the organic matrix of bone.\*

## Supplement Facts

### Serving Size: 5 Capsules

### Amount Per Serving

Vitamin C (Ascorbic Acid)	100 mg
Vitamin D3	200 IU
Vitamin K1 (as phytonadione)	500 mcg
Vitamin B6 (as Pyridoxal 5-Phosphate)	40 mg
Folic Acid	400 mcg
Calcium (as Calcium Hydroxyapatite)	600 mg
Magnesium (as Magnesium Amino Acid Chelate)	300 mg
Zinc (as Zinc Picolinate)	15 mg
Copper (as Copper Glycinate)	2 mg
Ipriflavone (from soy)	600 mg
Equisetum arvense (Horse Tail Rush)	300 mg
Chondroitin Sulfates	100 mg
Resveratrol (Polygonum cuspidatum) Extract	40 mg
Yielding: trans-resveratrol	10 mg
Boron (as Boron Amino Acid Chelate)	3 mg

Other Ingredients: gelatin, vegetable stearate, rice flour.

- **Contains: Soy.**

**Warning:** If you are pregnant or nursing, consult your healthcare practitioner before taking this or any nutritional product.

- **Suggested Use:** As a dietary supplement, take five capsules daily with food. The daily amount can be divided between AM and PM.

0600751.150 (150 Capsules)

\*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

Copyright© 2010 by Mountain Naturals® of Vermont. All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted, in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without prior written permission of the copyright owner.