

Preserves Existing Mineral Mass & Protein Matrix

Bone is a dynamic tissue that requires adequate nutrition for maintenance and growth. Maintaining a healthy balance between bone building and bone dissolution is dependent on adequate supplies of distinct nutrients. Osteoporosis is a condition associated with the abnormal reduction of bone density resulting from the excessive loss of bone minerals, most notably calcium, often leading to fractures of the spine, vertebrae, and hips. While men are also affected, osteoporosis primarily affects women. We all know the importance of calcium in preventing osteoporosis. Interestingly, published data shows the majority of those suffering from osteoporosis are not necessarily calcium-deficient! Evidence clearly supports the view that multiple nutrients are essential to support a healthy skeletal system.

Supplement Facts

	Amount Per Serving		% Daily Value	Amount Per Serving		% Daily Value
Vitamin C (as ascorbic acid)	120 mg	200%	Calcium (as calcium citrate)	500 mg	50%	
Vitamin D (as cholecalciferol)	200 IU	50%	Magnesium (as magnesium oxide)	200 mg	50%	
Vitamin K (as phytoladione)	65 mcg	81%	Zinc (as zinc gluconate)	5 mg	33%	
Thiamin (B1) (as thiamin mononitrate)	1.5 mg	100%	Copper (as copper gluconate)	2 mg	100%	
Riboflavin (B2)	1.7 mg	100%	Manganese (as manganese gluconate)	5 mg	250%	
Niacin (as niacinamide)	20 mg	100%	Purified Chondroitin Sulfates (bovine)	200 mg	-	
Vitamin B6 (as pyridoxine HCl)	2 mg	100%	Boron (as calcium borogluconate)	3 mg	-	
Folate (as calcium folinate)	400 mcg	100%	Sugarcane Extract (Saccharum officinarum) (shoot)	30 mg	-	
Vitamin B12 (as methylcobalamin)	6 mcg	100%				
Biotin	300 mcg	100%				
Pantothenic Acid (as calcium pantothenate)	10 mg	100%				

Other ingredients: Stearic acid (vegetable source), modified cellulose gum and magnesium stearate (vegetable source).

RECOMMENDATION: Three (3) tablets each day as a dietary supplement or as otherwise directed by a healthcare professional.

Caution: Not recommended for pregnant women.

KEEP OUT OF REACH OF CHILDREN

Store in a cool, dry area.

Sealed with an imprinted safety seal for your protection.

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Osteo-B Plus®

Comprehensive Nutritional Support for Bone Health



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Why Osteo-B® Plus?

Osteo-B Plus® supplies a wide array of essential and important nutrients to assist in preserving existing bone mineral mass and protein matrix and to support repair mechanisms.

They include:

Calcium is supplied in the highly bioavailable citrate form, which is especially important for those having difficulty absorbing calcium due to conditions associated with low stomach acid (such as hypochlorhydria).

Magnesium, a co-factor for key enzymes in bone, is necessary for remodeling and is involved in converting vitamin D to its active hormone form. In osteoporotic women, abnormal mineralization has been correlated with low magnesium levels. Magnesium supplementation, when combined with calcium, may increase bone mineralization.

Manganese is required for the synthesis of connective tissue chondroitin sulfates that form the matrix upon which mineral deposition occurs. An important article published by the American Chemical Society states that osteoporotic women were found to have only 25% of the manganese levels found in normal controls.

Zinc enhances the action of vitamin D and is a co-factor for alkaline phosphate, an important enzyme found in bone. Published research reveals low levels of serum and bone zinc in

osteoporotic patients. Typical diets supply less than the optimal levels of zinc.

Copper is a co-factor for the enzyme that forms cross-links between collagen in connective tissue. Collagen is laid down to establish a protein matrix for mineralization. Copper deficiency may lead to abnormal bone deposition.

Boron affects the actions of hormones associated with bone health. Research shows that boron deprivation increases the excretion of calcium. Normalization of steroidal hormone levels, closely related to bone mineralization, are seen in post-menopausal women following daily supplementation with boron.

Vitamin D, a fat-soluble vitamin, is micro-emulsified for enhanced bioavailability and regulates calcium absorption. Inadequate vitamin D levels can lead to calcium deficiencies and soft bones (a condition known as osteomalacia). Low vitamin D levels are common in women over 40.

B-Complex vitamins function as co-enzymes in metabolic pathways that provide energy and building blocks from foods. Shortages of these key nutrients impair healing and repair by connective tissues and bone turnover.

Silicon, provided from an exceptionally rich botanical source, is required for the structural integrity of connective tissue and bone strength.

Vitamin K, also a fat-soluble vitamin, is required for the synthesis of osteocalcin, the bone protein that attracts calcium to bone tissue. Important research published in the *Annals of Internal Medicine* stated that supplemental vitamin K reduced calcium excretion by up to 50% in individuals with osteoporosis. **Osteo-B Plus®** supplies vitamin K as a micro-emulsion for enhanced uptake. This is very important, as maldigestion is a common cause of vitamin K deficiency.

Purified Chondroitin Sulfates are glycosaminoglycans found in connective tissue, such as cartilage. Chondroitin sulfates occur in bone where they initiate bone formation. **Osteo-B Plus®** supplies highly purified chondroitin sulfates which can be readily absorbed.

Vitamin C is required by hydroxyamino acids which form cross-links with collagen and elastin in mature connective tissue and matrix. One study found that 20% of elderly women were deficient in vitamin C, even though they consumed 100% (60 mg) of the Recommended Daily Intake (RDI).

