

VITANICA® ~ OSTEOBLEND®



A holistic approach to supporting bone health and integrity with a full complement of supportive vitamins and minerals. Minerals and supporting cofactors are important in maintaining bone health.

Featured Ingredients:

- The amount of **Calcium** in our formula takes into account a woman's dietary intake as well as the supplemented amount. In general, we consume 500 mg of calcium from our diet. The 600 mg OsteoBlend provides (at 2 caps twice per day) meets most daily requirements without getting an excessive amount
- **Vitamin D** and **Magnesium** are two of the most important cofactors supporting bone health and calcium utilization in the body
- **Vitamin K** is another strong contributing factor in the maintenance of bone health, promoting the production of osteocalcin
- Important trace minerals and vitamins: **Manganese, Boron, Zinc, Copper, and Vitamin B6** and **Methylated Folate (as L-5-MTHF)**

Indications: Naturally and holistically promotes the maintenance of healthy bone structure and integrity with this thoughtful and complete formula.

Suggested Use: 2 capsules twice per day; to be taken with meals.

Size ~ 120 caps; UPC code ~ 7-08118-01065-1

Size ~ 240 caps; UPC code ~ 7-08118-01066-8

Supplement Facts

Serving Size 2 Capsules, 120 Servings per Container

Amount per Serving		% Daily Value
Vitamin D3 (from lichen, as cholecalciferol)	10 mcg (400 IU)	50
Riboflavin (Vitamin B2) (as riboflavin-5-phosphate)	10 mg	769
Vitamin B6 (as pyridoxine HCl)	10 mg	588
Folate (as L-5-Methyltetrahydrofolate)	335 mcg DFE	84
Calcium (as calcium carbonate, citrate, malate)	300 mg	23
Magnesium (as magnesium citrate)	150 mg	36
Zinc (as zinc picolinate)	13 mg	118
Selenium (as L-Selenomethionine)	50 mcg	91
Copper (as copper gluconate)	750 mcg	83
Manganese (as manganese citrate)	4 mg	174
Boron (as bororganic glycine amino acid chelate)	1.5 mg	†
Vitamin K2 (as menaquinone-4)	100 mcg	†
Silica (as silica amino acid chelate)	50 mcg	†

† Daily Value not established

Other ingredients: Vegan capsule (hydroxypropyl methylcellulose, water), microcrystalline cellulose, L-leucine.

OsteoBlend® is suitable for vegetarians and vegans.

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