

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

Contact ~ 800.572.4712; email ~ info@vitanica.com



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
Vitamin K2 (as menaquinone-4)	100 mcg	83
Riboflavin (Vitamin B2) (as riboflavin-5-phosphate)	10 mg	769
Vitamin B6 (as pyridoxine HCl)	10 mg	588
Folate (as (6S)-5-Methyltetrahydrofolic acid, calcium salt)	340 mcg DFE	85
Calcium (as calcium carbonate, citrate)	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)	0.75 mg	83
Manganese (as manganese citrate)	8 mg	348
Boron (as bororganic glycine amino acid chelate)	1.5 mg	†
Silica (as silica amino acid chelate)	50 mcg	†

† Daily Value not established

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