

# OsteoBalance<sup>†</sup>

Comprehensive, high-calcium bone-support formula<sup>†</sup>

## INDICATIONS

- Ages 18 and up
- Support for bone density and bone strength<sup>†</sup>

## BENEFITS

- Provides a comprehensive nutrient profile for bone support<sup>†</sup>
- Promotes calcium absorption and retention<sup>†</sup>
- Enhances healthy bone mineralization<sup>†</sup>

## FEATURES

- Calcium malate and calcium citrate/malate are both highly bioavailable forms of calcium
- Made with high-quality ingredients backed by verifiable science

## VERIFIABLE SCIENCE

OsteoBalance<sup>†</sup> provides 514 mg of calcium per serving from calcium citrate/malate and calcium malate, along with a comprehensive profile of important bone-building nutrients. Randomized, double-blind, placebo-controlled studies have reported statistically significant benefits of calcium supplementation for bone health<sup>1</sup> Calcium citrate/malate has excellent bioavailability and provided bone mass support in postmenopausal women with low dietary calcium intake in a two-year, double-blind placebo-controlled trial.<sup>2</sup> One study indicated that concomitant supplementation of the trace minerals zinc, copper and manganese with calcium citrate/malate helped to promote healthy bone metabolism in postmenopausal subjects.<sup>3</sup> Magnesium also supports healthy bone mineral density.<sup>4</sup> Boron plays an important role in reducing urinary calcium and magnesium excretion.<sup>5</sup> Like boron, vitamin D<sub>3</sub> reduces urinary calcium loss, but also enhances calcium absorption.<sup>6†</sup>

## SUGGESTED USE

As a dietary supplement, take 3 capsules, 1-2 times daily, with meals.

## STORAGE

Store in a cool, dry place.

## WARNING

If you are pregnant, lactating, have any health condition or taking any medication, consult your health professional before use.

## SOURCE

- 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

Sources of the mineral chelates include:

- Aspartate: synthetic
- Citrate/Malate: synthetic
- Glycinate: synthetic
- Picolinate: synthetic

## NOTES

Size 00 caps

Bottle counts 210, 351

Order codes OB2, OB35

Bottle sizes 20 oz, 26 oz

## REFERENCES

1. Reid IR, et al. *Am J Med.* 2006 Sep;119(9):777-85.
2. Dawson-Hughes B, et al. *N Engl J Med.* 1990 Sep 27;323(13):878-83.
3. Benevolenskaia LI, et al. *Ter Arkh.* 2004;76(11):88-93.
4. Stendig-Lindberg G, et al. *Magnes Res.* 1993;6(2):155-63.
5. Strause L, et al. *J Nutr.* 1994 Jul;124(7):1060-4.
6. Aloia JF, et al. *Am J Clin Nutr.* 2014 Mar;99(3):624-31.

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## SUPPLEMENT FACTS

3 capsules, 1-2 times daily, with meals.

Three (size 00) vegetarian capsules contain:

Vitamin D (as cholecalciferol) (D <sub>3</sub> )	10.7 mcg (428 IU)
Calcium (as DimaCal <sup>®</sup> di-calcium malate and 50% as calcium citrate/malate)	514 mg
Magnesium (as di-magnesium malate) (Albion <sup>®</sup> )	64 mg
Zinc (as zinc picolinate)	12 mg
Copper (as copper glycinate)	1 mg
Manganese (as manganese citrate)	2.1 mg
Boron (as boron glycinate)	0.85 mg
Silica (from bamboo)	10.7 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

DimaCal<sup>®</sup> and Albion<sup>®</sup> are registered trademarks of Albion Laboratories, Inc. U.S. Patent 6,706,904.



OsteoBalance <sup>†</sup>	Quantity	Order Code
	351	OB35
	210	OB2

Visit [PureEncapsulationsPro.com](http://PureEncapsulationsPro.com) for more information about our GMO policy.

<sup>†</sup>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.