

Dr. Fuhrman®

# PRODUCT FACTS

## OSTEO BIOTECT

By promoting calcium absorption, vitamin D helps to form and maintain strong bones.

## OSTEO BIOTECT

A healthful diet rich in green vegetables, beans and seeds plus strength-building exercise forms the foundation for healthy bones. Osteo-Biotect was designed to complement these healthy behaviors with essential bone-supportive micronutrients. Each capsule supplies 7.5 mcg (300 IU) vegan vitamin D3 and 200 mg calcium, so 1-3 capsules can be used, depending on each person's individual requirements.

### CALCIUM AND MAGNESIUM ARE STRUCTURAL COMPONENTS OF BONE

The minerals calcium and magnesium are important for providing structure to bone tissue. Over 99 percent of the body's calcium and more than half of the body's magnesium is stored in the bones and teeth. Calcium and magnesium are found in abundance in whole plant foods, however supplementing with a small amount may be appropriate for some women, since calcium absorption decreases after menopause and some women may have a smaller appetite for greens.

### VITAMIN K2

Both Vitamin K1 and Vitamin K2 are involved in chemical reactions that control bone formation. Vitamin K in general promotes bone health via interactions with calcium, but it has been noted that K2 is particularly effective, not only for protection against bone loss, but also to protect the cardiovascular system from calcification. Clinical trials have shown benefits for bone density and bone strength in women taking K2 supplements. Vitamin K1 is plentiful in leafy greens, but vitamin K2 is difficult to get on a vegan or near vegan



diet. The dose of K2 in Osteo-Sun complements the Vitamin K1 containing foods you eat to assure optimal K2 intake without providing excess.

### VITAMIN D, CALCIUM AND BONE HEALTH

By promoting calcium absorption, vitamin D helps to form and maintain strong bones. Research also suggests that vitamin D is important to maintain healthy immune and cardiovascular systems and regulate cell growth. Osteo-Biotect provides a small amount of vitamin D and can be used in addition to other supplements when more is needed. My Women's Daily Formula + D3 multivitamin contains 50 mcg (2000 IU) vitamin D3 or my Gentle Care Formula multivitamin, which contains 25 mcg (1000 IU) vitamin D. Women can combine 1-3 capsules Osteo-Biotect with one of these multivitamins to customize their vitamin D and calcium dose and reach the 30-45 ng/ml sweet spot of blood vitamin D levels.

## OSTEO BIOTECT

### Product Features

- 100% vegan
- Each capsule contains 7.5 mcg (300 IU) vegan vitamin D3
- Each capsule contains 200 mg whole food-based calcium
- Additional bone supporting nutrients: magnesium and vitamin K2
- Free of gluten, dairy, and soy
- Non-GMO
- Manufactured by a GMP certified and FDA-regulated facility
- Packaged in post consumer resin (PCR)



The calcium and some of the magnesium in Osteo-Biotect is provided in the form of whole powdered seaweed, harvested off the West coast of Ireland and Northwest coast of Iceland.

### HOW MUCH CALCIUM SHOULD I TAKE?

Calcium-rich greens, beans and seeds are staples of my dietary recommendations. Since menopause is accompanied by increased calcium loss, and less calcium is absorbed with aging, my Women's Daily Formula + D3 multivitamin supplies 200 mg of food-derived calcium as an extra bit of insurance to assure optimal intake (Men's Daily Formula does not contain calcium, and Gentle Care Formula and Gentle Prenatal each contain only 100 mg).

Many women are advised to take high-dose (1000 mg or more) calcium supplements to maintain bone health. However, as with most micronutrients, the vast majority of the calcium in one's diet should be provided by plant foods, not supplements. Calcium is plentiful in natural foods, and high-dose calcium supplements are not superior to lower doses for bone health and have been linked to increased risk of heart attack.

The calcium and some of the magnesium in Osteo-Biotect is provided in the form of whole powdered seaweed, harvested off the West coast of Ireland and Northwest coast of Iceland. This unique supplement contains food-derived calcium in a low dose (200 mg per capsule), to replicate the absorption from calcium-containing foods. Scientists now think the body handles supplemental calcium and food calcium differently, mostly because of the large calcium load that can spike in the bloodstream, having negative effects, not seen with the slower absorption from calcium-containing foods. Using this supplement with its relatively low amount of food derived calcium solves this issue. It is also best to split the dose, and take the supplement with meals for a gradual impact on blood levels of calcium.

Osteo Biotect is designed for women looking to prevent bone loss with aging, especially those whose intake of high-calcium foods is marginal.

“CALCIUM IS PLENTIFUL IN NATURAL FOODS, AND HIGH-DOSE CALCIUM SUPPLEMENTS ARE NOT SUPERIOR TO LOWER DOSES FOR BONE HEALTH AND HAVE BEEN LINKED TO INCREASED RISK OF HEART ATTACK.”

## OSTEO BIOTECT Supplement Facts

Supplement Facts		
Serving Size: 1 capsule		
Servings Per Container: 120		
	Amount Per Serving	%DV
Vitamin D [as vegan cholecalciferol (D3) (Vitasine™)]	7.5 mcg (300 IU)	38%
Calcium [from mineralized seaweed ( <i>Lithothamnium</i> sp.) (whole plant) (Aquamim™ TG)]	200 mg	15%
Magnesium [as magnesium chelate, magnesium aspartate, and from mineralized seaweed ( <i>Lithothamnium</i> sp.) (whole plant) (Aquamim™ TG)]	75 mg	18%
Vitamin K2 [as natural menaquinone-7 (K2Vital™)]	25 mcg	*

\*Daily Value (DV) not established.

**Other Ingredients:** Hypromellose, vegetable magnesium stearate, and silica.

**Suggested Use:** 1 capsule, 1-3 times daily. Best taken with meals.

**Does not contain:** eggs, dairy, peanuts, tree nuts, fish, shellfish, soy, wheat, gluten

Not produced in an allergen-free or gluten-free facility. Produced in a facility with an allergen control program in place designed to properly handle, store and use materials in production to eliminate the risk of cross-contamination, in accordance with Good Manufacturing Practices (GMPs).

These supplements have not been evaluated by the Food and Drug Administration.

Products listed are not intended to diagnose, treat, cure or prevent disease.

For more detailed information about this supplement, visit <http://www.drFuhrman.com/shop/61>