



# Osteo Focus

## Supporting healthy bone structure

### DESCRIPTION

Osteo Focus, available exclusively from Medical Wellness Associates, is a synergistic and comprehensive combination of vitamins, minerals, enzymes, herbals, and other nutrients, carefully formulated and specifically designed to maintain healthy bone structure and function.

### FUNCTIONS

Studies show that a high percentage of adults in North America and other developed countries eat less than the minimum daily allowance of 10 or more essential nutrients. Adequate amounts and proper balance of these nutrients are needed not only for maintaining good health, but also for the dietary management of the body's structure as well as the optimum functioning of its various systems, including the skeletal system. Osteo Focus has been carefully developed to contain the right proportions of vitamins, minerals, trace elements, and other nutrients without danger of toxic build-up or other side effects. Each ingredient is selected in consideration of its absorbability, competitive relationship with other nutrients, allergenic potential, and long-term safety. Certain nutrients such as beta-carotene, vitamin C, vitamin E and B-complex vitamins are included in high-potency amounts because of the vital roles they play in antioxidant protection, energy production and the maintenance of healthy blood cells, the nervous system, hormonal balance, and more. Minerals and trace elements are provided in their safest and most bioavailable forms.

Osteo Focus offers intensive support for the healthy functioning of the body in general, but also a blend of herbs and additional nutrients specifically formulated for maintenance of good bone health.

The adult human body contains approximately 1,200 g of calcium, about 99% of which is present in the skeleton, and 20-30 g of magnesium with about 60% located in bone. Bone is constantly turning over, a continuous process of formation and resorption. In children and

adolescents, the rate of formation of bone mineral predominates over the rate of resorption. In later life, resorption predominates over formation. Therefore, in normal aging, there is a gradual loss of bone.

Intestinal calcium absorption ranges from 15 to 75% of ingested calcium. Vitamin D is a key regulatory hormone for calcium and bone metabolism. Adequate vitamin D status is essential for ensuring normal calcium absorption and maintenance of healthy calcium plasma levels.

Magnesium absorption is independent of vitamin D status and ranges from 30 to 60% of ingested magnesium.

Osteoporosis, a condition of reduced bone mineral density that can increase risk of fractures, affects a large proportion of the elderly in developed countries.

Caucasian and Asian women typically have low peak bone densities, and therefore, are at the greatest risk of developing osteoporosis. It is generally accepted that obtaining enough dietary calcium throughout life can significantly decrease the risk of developing osteoporosis. Among other factors, such as regular exercise, gender and race, calcium supplementation during childhood and adolescence appears to be a prerequisite for maintaining adequate bone density later in life. But even elderly osteoporotic patients can benefit significantly from supplementation with dietary calcium.

Osteo Focus provides calcium citrate, a highly beneficial source of dietary calcium. Calcium citrate is highly absorbed and well tolerated form of calcium. Osteo Focus does not give rise to intestinal gas production (due to release of carbon dioxide), bloating or constipation as is often experienced with other calcium preparations. Osteo Focus also provides other nutrients that assist in the maintenance of healthy bone structure and function. For example, boron affects the composition, structure, and strength of bone. It appears to be necessary for calcium and magnesium absorption, their adequate renal reabsorption, and their incorporation into the bone matrix. Boron is absorbed at about 90% efficiency and is rapidly distributed among the tissues.

*(continued on reverse)*

## INDICATIONS

Osteo Focus tablets may be a useful dietary supplement for those who wish to maintain healthy bones.

## FORMULA (#4544)

### Four Tablets Contain:

500 mg Proprietary Blend of:

Bioflavonoids, Hesperidin, Dong Quai, Licorice, Black Cohosh, Fennel, Bromelain, Betaine HCl/Glutamic Acid HCl, Rutin, Proanthocyanidins (Red Wine Grapes), N-Acetyl-L-Cysteine/L-Cysteine HCl, L-Methionine	
Beta-Carotene (Vitamin A Activity).....	15,000 I.U.
Vitamin A (Palmitate, Water Dispersible).....	5,000 I.U.
Vitamin D-3.....	50 I.U.
Vitamin E (Succinate) .....	200 I.U.
Vitamin C (Ascorbic Acid).....	1,000 mg
Vitamin B-1 (Thiamine HCl).....	50 mg
Vitamin B-2 (Riboflavin) .....	25 mg
Vitamin K .....	150 mcg
Niacin .....	20 mg
Niacinamide.....	100 mg
Pantothenic Acid (as d-Calcium Pantothenate).....	150 mg
Vitamin B-6.....	25 mg
(as Pyridoxine HCl/Pyridoxal-5-Phosphate Complex)	
Vitamin B-12 .....	100 mcg
Folic Acid .....	800 mcg
Biotin .....	300 mcg
Choline(from Choline Citrate/Bitartrate).....	20 mg
Inositol.....	25 mg
Citrus Bioflavonoid Complex.....	100 mg
PABA (Para-Aminobenzoic Acid) .....	50 mg
Calcium (Citrate/Ascorbate Complex) .....	800 mg
Magnesium .....	400 mg
(Aspartate/Ascorbate Complex)	
Potassium (Aspartate Complex) .....	75 mg
Zinc (Aspartate Complex) .....	20 mg
Copper (Amino Acid Chelate).....	2 mg
Manganese (Aspartate Complex).....	15 mg
Chromium GTF .....	200 mcg
(Organically bound with GTF activity-low allergenicity)	

Selenium .....	200 mcg
(Organic Selenium in Krebs† Cycle and Kelp)	
Strontium .....	10 mcg
Molybdenum (Krebs†) .....	50 mcg
Vanadium (Krebs†) .....	25 mcg
Boron (Aspartate/Citrate Complex).....	1 mg
Trace Elements (Sea Vegetation) .....	100 mcg

†Krebs=Citrate, Fumarate, Malate, Glutarate and Succinate Complex

## SUGGESTED USE

Adults take 4 tablets daily with meals or as directed by physician.

## SIDE EFFECTS

No adverse effects have been reported

## STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

## References

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**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.**

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