Osteo-Vi-Min

Item # 75070
Available in bottles 315 grams of powder

The Possible Benefits of Osteo-Vi-Min, a dietary supplement

- Complete and synergistic nutritional support for skeletal health and integrity
- Supports mineral absorption and utilization for optimal bone mineralization
- Provides significant nutritional support for connective tissue health

Description

Osteo-Vi-Min is a complete formula of vitamins and minerals that are essential for the health of the skeletal system. It contains significant amounts of the important nutrients involved with bone mineralization, flexibility and integrity of the bone structure, and absorption and utilization of calcium. Many of the nutrients enhance the activity of other nutrients in the formula, combining to create a powerful synergistic and complete supplement for bone health.

Almost a hundred years ago, **strontium** was found to support bone formation and calcium metabolism. Over the ensuing years, studies have demonstrated that strontium increases bone formation without altering bone resorption, works with or without added hormonal therapy, and may lessen the discomfort of people with metastatic bone cancer while improving bone density. In recent studies, strontium variously increased overall vertebrae density, reduced incidents of fractures, and improved calcium's bone-building effects without added vitamin D or hormones. In 2001 a long-time researcher wrote, "In addition to its antiresorptive activity, strontium was found to have anabolic activity in bone, and this may have significant beneficial effects on bone balance in normal and osteopenic animals." It appears that strontium itself is the active element, because at least four different strontium salts have demonstrated efficacy. Strontium is well tolerated and extremely safe when taken with calcium. Nutritional strontium is not the radioactive strontium associated with fallout.

Vitamin D helps regulate calcium absorption, and is essential for the growth and development of bones and teeth. It is also involved with many other bodily systems, including the GI tract, the nervous system and the skin. Vitamin D supports bone strength, and its deficiency has been correlated with risk of osteoporosis and of rickets.

Vitamin K2 refers to a class of fat-soluble substances called menaquinones, found in a few foods and produced by intestinal microflora under ideal, healthy conditions. Besides its antihemorrhagic and antioxidant properties, vitamin K is essential for the metabolism, strength, integrity and mineral density of the bones. Vitamin K promotes carboxylation of glutamyl residues on many bone proteins, which is associated with increased bone mineral density. Osteocalcin, a regulator of bone mineralization, depends on vitamin K. Vitamin K may also inhibit bone resorbing substances, including prostaglandin E2 and interleukin-6, and enhance osteoblast-induced mineralization. Low levels of dietary vitamin K correlate with increased risk of hip fractures. Supplemental vitamin K has no hemostatic activity in people who are not deficient in vitamin K.

Calcium is the body's most abundant mineral, essential to the health of the skeletal system, with over 99% found in the bones and teeth. The rest is found in cells and body fluids, where calcium plays important roles in muscle contractions, maintaining a regular heartbeat, normal blood clotting, blood pressure regulation, kidney function, cellular membrane pumps, fat digestion and transmission of nerve signals. Research shows that calcium by itself can have some benefit for bone health.

Magnesium is an often-overlooked part of the nutrition puzzle, even though the U.S. Department of Agriculture reports that 75% of Americans do not get adequate magnesium from their diet. Magnesium is part of hundreds of enzyme reactions in the body, and is essential for metabolism of carbohydrates, proteins and fats, the transmission of nerve impulses, muscle contractions, regulation of blood pressure and temperature, detoxification, energy production and cardiovascular health. Magnesium is crucial for healthy bones and teeth, and enables calcium to bind to tooth enamel.

Vitamin C is the most important water soluble vitamin, involved in hundreds of enzymatic transactions throughout the body. It is stored in many tissues, with the adrenal glands containing the highest concentration. Vitamin C is essential in the production of collagen and elastin, proteins that provide structural integrity to musculoskeletal connective tissue and bones. It is involved in the production of adrenal hormones that

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help the body respond to physical stress, and has been shown to support bone mineral density. The vitamin C in Osteo-Vi-Min is naturally buffered due to the presence of minerals.

Zinc is involved with hundreds of enzymes, playing key roles in the immune system, the reproductive system, the sense of vision, taste and smell, blood sugar regulation, the health of the skin, control of inflammation, and in gastrointestinal function. Zinc works with calcium and magnesium to support vitamin D activity and the health of the bones.

Copper and **manganese** are important trace minerals, playing essential roles in several key antioxidant and metabolism-regulating enzymes. Almost all the body's manganese is stored in the bones, and both minerals are needed for the growth and maintenance of cartilage and bones. Like vitamin C, both help in the production of collagen and elastin, and have been studied for their roles in supporting connective tissue and bone health.

The herb horsetail (*Equisetum arvense*) is rich in silicon dioxide, or **silica**. Silicon is the most abundant mineral on earth, and is mostly found in the body in bones, tendons, skin, hair and nails. Preliminary research indicates a role for silicon in the production of collagen and potentially in the health of bones.

Boron is concentrated in the body's dental enamel and bones. Low intake of boron has been correlated with arthritis, and other studies show it can reduce excessive excretion of calcium. Boron is also involved in the metabolism of vitamin D, magnesium and hormones.

Each 3 teaspoons (10.5 grams) contain:

Vitamin C (as Ascorbic Acid)	500 mg
Vitamin D3 (as Cholecalciferol)	600 IU
Vitamin K2 (as Menaquinones)	0.5 mg
Calcium (as carbonate, hydroxyapatite, citrate, malate)	1100 mg
Magnesium (as carbonate, glycinate)	400 mg
Zinc (as monomethionine sulfate)	10 mg
Copper (as sebacate)	1.5 mg
Manganese (as gluconate)	5 mg
Strontium (as carbonate)	1000 mg
Silica (as *Equisetum arvense*)	6 mg
Boron (as citrate)	3 mg
Lycopene	5 mg

Other ingredients: Maltodextrin, natural cherry flavor.

Suggested Use: As a dietary supplement, 3 teaspoons daily, mixed with desired liquid, or as directed by a healthcare practitioner.

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