



## Osteo

Osteo is a comprehensive product that goes beyond just calcium and vitamin D to support the nutritional needs of bone and help maintain bone mass density.\*



*Build and maintain strong bones\**

### Benefits

- Helps maintain bone density\*
- More effective than calcium alone\*
- Provides essential nutrients needed for bone health\*

### Product Features

AmeriSciences Osteo features a proprietary combination of minerals, vitamins and phytochemicals to support bone health during all phases of life.\*

### Key Ingredients

- **Ipriflavone** has been the subject of many clinical studies yielding positive results in terms of overall bone health and research suggests it has the ability to decrease bone resorption (breakdown) and maintain bone mass.\*
- **Magnesium** can help improve calcium absorption and may help maintain bone density, but most Americans do not consume enough to meet the daily value.\*
- **Vitamin K and Vitamin D** play a significant role in calcium absorption and bone formation.\*

### More Information

[www.amerisciences.com](http://www.amerisciences.com)

### Contraindications & Precautions

Keep out of the reach of children. Do not use if you are pregnant or nursing. Individuals with a medical condition should consult their physician.

### Directions For Use

Adults take two (2) tablets daily, one (1) with breakfast and dinner, or as recommended by a physician.

### References

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- Martini LA. "Magnesium supplementation and bone turnover." *Nutr Rev*, 1999; 57:227-229
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- Adami S, Bufalino L, Cervetti R, Di Marco C, Di Munno O, Fantasia L, Isaia GC, Serni U, Vecchiet L, Passeri M. "Ipriflavone prevents radial bone loss in postmenopausal women with low bone mass over 2 years." *Osteoporos Int*, 1997;7(2):119-25.
- Head KA. "Ipriflavone: an important bone-building isoflavone." *Altern Med Rev*, 1999 Feb;4(1):10-22.

**\* 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.**