

# Osteovitam<sup>®</sup>

For Restoration of Bone and Joints *plus*

Active Ingredients:	PerTablet	%NRV
hydrolyzed <b>fish</b> collagen	200mg	*
Vitamin C	140mg	175%
Vitamin D3	20mcg (800IU)	400%
Vitamin K2	60mcg	80%
Vitamin B2	1.1mg	79%
Vitamin B12	50mcg	2000%
Calcium	500mg	63%
Magnesium	60mg	16%
Inulin	100mg	*

NRV – Nutrient Reference Values  
\* NRV not established

**Ingredients:**  
Calcium carbonate; acidity regulator: citric acid; bulking agent: sorbitol; acidity regulator: sodium hydrogen carbonate; magnesium carbonate; hydrolyzed **fish** collagen; natural lemon flavour with other natural flavours; L-ascorbic acid (vitamin C); acidity regulator: malic acid; inulin; stabiliser: polyethylene glycol; sweetener: sodium saccharin; stabiliser: polyvinylpyrrolidone; riboflavin; menaquinone (vitamin K2); cyanocobalamin (vitamin B12); cholecalciferol (vitamin D3).

**Osteovitam<sup>®</sup> Plus** is a combination of calcium with necessary vitamins for the restoration of Bone and Joints plus absorbable Hydrolyzed collagen working in synergy for prevention of osteoporosis and relieve of pain from Osteoarthritis.  
Calcium is the main mineral of bone tissue , which supports bone metabolism.  
Vitamin D3 is responsible for calcium absorption within the small intestine.  
Vitamin C is necessary for the formation of strong collagen , stimulates tissue recovery, promotes recovery after bone fractures and wounds.  
Magnesium activates enzymes which take part in collagen synthesis.  
Vitamin K2 takes part in the normal synthesis of bone protein osteocalcin.  
Vitamin B12 is necessary for optimum osteoblast function.  
Hydrolyzed Collagen boosts the bone density as collagen is the most important part of connective tissue in the bone.  
Inulin increases the absorption of calcium and possibly of magnesium. This can be important in building stronger bones and maintaining bone integrity.

- Recommended for:**
- The prevention and treatment of calcium deficiency/vitamin D deficiency especially in the housebound and institutionalised elderly subjects.
  - Prevention of osteoporosis.
  - Necessary preventive supplement for women in menopause.
  - Promotes the recovery after bone fractures and traumas.
  - For prevention of changes in bone structure of people suffering from tireotoxycose, diabetes and after a long term steroids treatment.
  - In cases of osteoporotic changes after trauma, surgical operations, serious illnesses which impose continued immobilization.
  - For maintaining the normal building and absorption of bone tissue and the teeth.
  - For normalization of the metabolism of calcium and phosphorus.

**Recommended daily dosage:**  
For adults 1 tablet a day.  
Do not exceed the recommended daily dosage. Osteovitam Plus is a food supplement, not a medicine.  
Do not use it as a substitute for a varied diet.  
Excessive consumption may cause a laxative effect.

**Administration:**  
Each tablet is dissolved in 200ml of water and taken orally.

**Storage Condition:**  
Keep the tube tightly closed in a dry and cool place, out of the reach of children.  
Below 25°C.

**Packaging:**  
Each box contains three tubes of 20 Effervescent tablets.

Marketing Authorization Holder: **BioActiveT** Sp. z o.o.  
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