

Food Supplement

CONTENT PER TABLET:		
Ingredient:		%NRV*
Calcium Carbonate /	810 mg	
elm. Ca ⁺²	300 mg	37.5%
Vitamin D3	20 mcg (800 IU)	400%
Zinc (Zinc Oxide)	20 mg (25 mg)	200%
Vitamin C	45 mg	56%
Vitamin K2	40 mcg	53%
Vitamin B6	2 mg	143%
Magnesium (Magnesium citrate)	50 mg	13%

*NRV= Nutrient Reference Value

Ingredients: Calcium carbonate; magnesium salts of citric acid; bulking agent: sorbitol; L– ascorbic acid (vitamin C); anti – caking agent: magnesium salts of fatty acids; zinc oxide; stabiliser: polyethylene glycol; bulking agent: sodium carboxy methyl cellulose; pyridoxine hydrochloride (vitamin B6); menaquinone (vitamin K2); cholecalciferol (vitamin D3).

Osteovitam forte is formulated to provide bone support essential minerals and vitamins as well as those that aid in nerve, muscle and metabolic reactions.

Calcium is the primary mineral responsible for strong bones. The body also uses Calcium for proper muscle contraction, nerve function and heart function.

Vitamin D3 enhances the absorption of dietary calcium and its deposition in bones and teeth.

Zinc is important in bone metabolism; it is needed to produce the matrix of collagen protein threads upon which the bone–forming calcium—phosphorus compound is deposited.

It's also necessary for the production of enzymes that degrade and recycle worn-out bits of bone protein. It's essential for bone healing.

Vitamin C is necessary for the formation of collagen — the most important protein in bone tissues.

Vitamin K2 activates the calcium-binding actions of two proteins — matrix GLA protein and osteocalcin, which help to build and maintain bones.

Vitamin B6 is a factor in the breakdown of homocysteine, which interferes with collagen cross-linking and leads to defective bone matrix and osteoporosis. Vitamin B6 also benefits the central nervous system.

Magnesium activates enzymes that take part in collagen synthesis. Helps support nerve, muscle and metabolic functions.

Recommended for:

- For prevention of osteoporosis;
- Necessary preventive supplement for women in menopause;
- Promotes the recovery after bone fractures and traumas;
- For prevention of changes in the bone structure of people suffering tireotoxicose, diabetes and after a long term cortisone treatment;
- In cases of osteoporotic changes after traumas, surgical operations, serious illnesses which impose continued immobilization;
- For maintaining the normal building and absorption of bone tissue and the teeth;
- Support nerve, muscle, and metabolic functions.

Recommended daily dosage:

For adults 1 tablet a day. Do not exceed the recommended daily dosage.

Osteovitam forte is a food supplement, not a medicine. Do not use it as a substitute for a varied diet.

WARNINGS

If pregnant or breast-feeding, ask a health professional before use.

Keep out of reach of children.

You should seek advice from your pharmacist about use with certain prescription medications. Do not use in people who have a predisposition to the formation of kidney stones or who suffer

from kidney stones. Storage Condition:

Keep in a dry and cool place, at temperature up to 25 °C.

Packaging

30 tablets (15 tablets per blister) with an enclosed leaflet in a carton box.

