

# OsteoForce™

Support for Bone Health and Integrity\*



OsteoForce™ is a unique blend of highly absorbable vitamins and minerals formulated to support healthy bones.\* OsteoForce™ features calcium and magnesium that are bound to malic acid for enhanced absorption, along with chelated forms of zinc, copper, and manganese for superior bioavailability.\*

Optimal bone health can be difficult to maintain because the skeleton requires adequate amounts of bone-supportive nutrients, but it must also serve as a mineral reservoir for the rest of the body. If the body extracts too many nutrients from the skeletal system, the bones may weaken. Therefore, the key to supporting bone health is maintaining homeostasis, which involves sustaining the nutrient balance between the bones and the body.

The nutrients in OsteoForce™ work synergistically to support bone health and integrity.\* Calcium is the primary mineral in the hard tissues that provide strength and support. Vitamin D regulates calcium homeostasis, bone mineralization, and bone formation. Vitamin K, supported by geranylgeraniol (GG), plays an important role in supporting the proper trafficking of calcium into the bone. Magnesium also influences proper bone mineralization. Vitamin C supports the synthesis of collagen, which is a critical component of bones and connective tissues. Zinc, copper, manganese, and boron support different aspects of collagen and bone production. Vitamin E tocotrienols help promote a healthy inflammatory response to support bone health.\*

## Benefits\*

- Supports bone density already in the normal range
- Supports bone health and integrity

## Recommended Use

Take 4 capsules daily or as recommended by your health-care practitioner.

## Highlights

- 2:1 calcium-to-magnesium ratio — the optimal ratio for mineral balance
- 1,000 IU (25 mcg) of vitamin D to support bone health, calcium, and magnesium activity\*
- 1,000 mcg of vitamin K1 to support complete activation (carboxylation) of osteocalcin — the protein that deposits calcium in the bone\*
- 5 mg of geranylgeraniol to support the conversion of vitamin K1 to K2 (as MK-4)
- 50 mg of DeltaGold® vitamin E delta- and gamma-tocotrienols to support a healthy inflammatory response and bone health\*
- Chelated minerals for enhanced absorption and bioavailability and to reduce the risk of gastrointestinal complaints

**To contact Designs for Health, please call us at (860) 623-6314, or visit us on the web at [www.designsforhealth.com](http://www.designsforhealth.com).**

Consult with your health-care practitioner about your specific circumstances and any questions you may have about this product.

\*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.