



SPINEgroup® Osteo Support Formula

Description

SG Osteo Support is formulated by SPINEgroup and manufactured by Canadian nutraceutical company *Professional Botanicals Inc.* Osteo support can be taken individually or in combination with our Joint and Ligament Restore Formula. We also offer a Joint and Osteo Support Pack, designed to be used in conjunction with our *Spine Care Program* and *Osteoporosis Rehabilitation Program* to support your bones, ligaments and joints. The pack includes 1 Osteo Support Formula (Caps) & 1 Joint & Ligament Support (Caps).

Functions

SG Osteo Support, is a special complex of 2 sources of **calcium** (free range/organic calcium hydroxyapatite and calcium citrate) with several necessary co-factors including **magnesium, vitamin D3, zinc, manganese, copper, boron, vitamin C, vitamin K2 and MK2** as well as **omega 3 oils** to assist the body in calcium absorption and maintaining healthy bone structure.

Calcium is a primary mineral for building the strong structure of bones and teeth. Bone is constantly turning over, a continuous process of formation and resorption. In children and adolescents, the rate of formation of bone mineral predominates over the rate of resorption. In later life, resorption predominates over formation. Therefore, in normal aging, there is a gradual loss of bone. **Vitamin D** is a key regulatory hormone for calcium and bone metabolism. Adequate vitamin D status is essential for ensuring normal calcium absorption and maintenance of healthy calcium plasma levels. **Boron** affects the composition, structure, and strength of bone. It appears to be necessary for calcium and magnesium absorption, their adequate renal reabsorption, and their incorporation into the bone matrix. Boron is absorbed at about 90% efficiency and is rapidly distributed among the tissues.

Osteoporosis, a condition of reduced bone mineral density that can increase risk of fractures, affects a large proportion of the elderly in North American and developed countries. Caucasian and Asian women typically have low peak bone densities, and therefore, are at the greatest risk of developing osteoporosis. It is generally accepted that obtaining enough dietary calcium throughout life can significantly decrease the

risk of developing osteoporosis. Among other factors, such as regular exercise, gender and race, calcium supplementation during childhood and adolescence appears to be a prerequisite for maintaining adequate bone density later in life. But even elderly osteoporotic patients can benefit significantly from supplementation with dietary calcium.

Osteoporosis-related fractures are often called fragility fractures because they happen with little or no trauma. More than 1.4 million Canadians suffer from osteoporosis. Although the onset of osteoporosis can begin at any age, it is more common in older adults. The Osteoporosis Society of Canada reports that one in four women over the age of 50, and one in eight men in the same age group have osteoporosis. There are three stages of bone loss:

- Osteopenia, or mild changes to bone density;
- Osteoporosis but no history of fracture; and
- Osteoporosis with a history of fracture(s).

Indications

SG Osteo Support may be a useful dietary supplement for those who wish to increase their intake of calcium and other nutritional factors for maintaining the function and integrity of their bones and reducing the risk of fractures.

Osteo Support Formula

Recommended dosage: Take 2 capsules 2x daily

Each capsule contains: 180 capsules (serving size 4 capsules)

Calcium hydroxyapatite free range/organic source)	500 mg (bovine
Calcium citrate	300 mg
Vit D3	500 mg
Magnesium aspartate	250 mg
Zinc (picolinate)	10 mg
Manganese	5 mg
Copper	1 mg
Boron	3 mg
Vit C (ester C)	200 mg
Vit K2	1 mg
MK4	120 mcg
Omega 3	500 mg

Storage: Store in a cool, dry place away from direct light. Keep out of reach of children.