

# Osteo Build

## Comprehensive bone formula

Osteo Build contains a unique blend of nutrients to help build strong, healthy bones. The function of bones within the body includes offering structural support, providing strength and mobility, and aiding in the protection of the brain and internal organs. They also store essential nutrients such as calcium and phosphorous that may be mobilized and used for the optimal function of other organs.

Bone health can be difficult to maintain because the skeleton requires adequate amounts of nutrients, but it also must serve the needs of the rest of the body, acting as a mineral reservoir. If the body extracts too much from the skeletal system, the bones weaken. Therefore, the key to bone health is homeostasis, which involves keeping an even and healthy state of flux between the nutrients in the bones and the body.

### Chelated minerals for superior absorption

Osteo Build contains minerals from Albion Advanced Nutrition, the leader in formulating chelated minerals. Albion uses patented technology to create an organic molecule that is already in a form the body can use. These chelates consist of minerals that are bonded to amino acids, such as calcium malate and zinc glycinate. This chelated form substantially increases the probability that the body will absorb the mineral for its use and benefit. True chelates are not only better absorbed, but they are better retained by the body.

### Chelated Minerals

- *Calcium* is critical to bone health. Approximately 99% of calcium is found in bone and is an essential component in forming bone structure.
- *Magnesium* is involved in bone formation and also affects the concentrations of the active form of vitamin D, a major regulator of bone homeostasis.
- *Zinc* helps to increase bone formation and mineralization.
- *Copper* helps keep bones flexible and strong.
- *Manganese* is necessary in forming the bone matrix into which calcium and other bone minerals are deposited.
- *Potassium* intake has a positive correlation with bone health as seen in studies of older women.
- *Boron* works together with calcium to strengthen bone. It also aids in the metabolism of the other minerals involved in bone development.

### Vitamins C, D, and K

- *Vitamin C* is critical in maintaining the homeostasis necessary for healthy bone mass.
- *Vitamin D* helps facilitate calcium absorption in the intestine and is instrumental in bone turnover. Vitamin D deficiency is on the rise due to avoidance of sun exposure, certain medications which bind fat (anticonvulsants, steroid drugs, laxatives), and women with low hormone levels. Also, vitamin D status declines with age because of a reduced dietary intake, diminished absorption from food, and because aging skin has a reduced capacity for vitamin D synthesis.
- *Vitamin K* acts as a coenzyme in facilitating increased bone deposition, reduces urinary calcium secretion and improves bone turnover profile.

### Recommended Use

Take four tablets per day with meals, or as directed by your health care practitioner.

\*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.



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