

RECOMMENDATIONS

Helion Nutraceuticals recommends (for adults): 1 to 6 capsules daily in divided doses, 30 to 60 minutes before meals.

Maintenance: 1 capsule, 3 times a day.

Therapeutic: 2 capsules, 3 times a day.



Three vegetable capsules contain:

Microcrystalline hydroxyapatite	1700 mg
Vitamin D3	1000 IU
Magnesium glycinate	250 mg
Zinc picolinate	25 mg
Boron glycinate	5 mg



REFERENCES

¹Pines A, Raafat H, Lynn AH, et al. Clinical trial of MCHC in the prevention of osteoporosis due to corticosteroid therapy. *Curr Med Res Opin* 1984;8:734-42.

²Stepan JJ, Pospichal J, Presl J, et al. Prospective trial of ossein-hydroxyapatite compound in surgically induced postmenopausal women. *Bone* 1989;10:179-85.

³Laura A. G. Armas, et al. Low vitamin D status despite abundant sun exposure. *J Clin Endocrinol Metab*. 2007 April 10:2006-2250

⁴Ruegsegger P, Keller A, Dambacher MA. Comparison of the treatment effects of ossein-hydroxyapatite compound and calcium carbonate in osteoporotic females. *Osteo Int* 1995;5:30-34.

⁵Castello-Branco C, Pons F, Vicente JJ, et al. Preventing postmenopausal bone loss with ossein-hydroxyapatite compounds. *J Reprod Med* 1999;44:601-05.

⁶Dawson-Hughes B, Harris SS, Krall EA, Dallal GE. Effect of calcium and vitamin D supplementation on bone density in men and women 65 years of age or older. *N Engl J Med*. 1997 Sep 4;337(10):670-6.

*This is a statement of nutritional support. This statement has not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. For educational purposes only. Consult your physician for any health problems.

OSTEOMEND™

Building
Bone
Support
Formula

The importance of calcium in preventing osteoporosis is undeniable. Yet, calcium does not work alone in creating strong, healthy bones. Although calcium is a major constituent of bone, the whole bone matrix is composed of a variety of other minerals including phosphorus, magnesium, over 20 trace elements, proteins, collagen, and glycosaminoglycans. Any combination of these may be lost in diseases related to bone deterioration. It is imperative to replace them all in order to rebuild bone.*

The superiority of Microcrystalline Calcium Hydroxyapatite (MCHC) compared to traditional forms of calcium has been shown in a number of controlled calcium balance and calcium absorption studies. The whole bone extract is exceptionally well-absorbed, producing more prolonged positive balance than soluble calcium salts.*

MCHC has been uniquely found to not only prevent further loss of bone, but to restore its mineral content, and is also well-tolerated. Unlike calcium carbonate, the bone extract does not produce carbon dioxide known to interfere with digestion.*

It is important not to confuse MCHC with bone meal. Although MCHC is derived from bone, MCHC is specially processed to retain all bone minerals and organic residues intact in their natural physiological ratios. Unlike many bone meal products, MCHC is not heated or treated with chemical solvents.*

FEATURES INCLUDE

MCHC:

Calcium microcrystalline hydroxyapatite is a calcium compound which contains minerals in their natural ratios, as well as residues of matrix, proteins, and glycosaminoglycans.*

Vitamin D3:

Vitamin D promotes intestinal calcium and phosphorous absorption, and reduces urinary calcium loss, both essential mechanisms for maintaining proper calcium levels in the body, and for healthy bone composition.*

Magnesium glycinate:

Highly absorbable magnesium chelate for sensitive individuals; assists the uptake and utilization of calcium and synergizes the secretion of parathyroid hormone.*

Boron glycinate:

Boron supports calcium, phosphorous, and magnesium metabolism, and reduces the loss of these minerals through the urine. Boron plays a role in the synthesizing of estrogen, vitamin D, and other steroidal hormones and protects these hormones from rapid breakdown. In addition, boron strengthens the connective structure in bone matrix.*

Zinc picolinate:

Zinc plays a fundamental role in collagen formation and healthy tissue development, including bone.*