

VITANICA® ~ OSTEOBLEND®



A holistic approach to supporting bone health and integrity with a full complement of supportive vitamins and minerals. Minerals and supporting cofactors are important in maintaining bone health.

Featured Ingredients:

- The amount of **Calcium** in our formula takes into account a woman's dietary intake as well as the supplemented amount. In general, we consume 500 mg of calcium from our diet. The 600 mg OsteoBlend provides (at 2 caps twice per day) meets most daily requirements without getting an excessive amount
- **Vitamin D** and **Magnesium** are two of the most important cofactors supporting bone health and calcium utilization in the body
- **Vitamin K** is another strong contributing factor in the maintenance of bone health, promoting the production of osteocalcin
- Important trace minerals and vitamins: **Manganese, Boron, Zinc, Copper, and Vitamin B6** and **Methylated Folate (as L-5-MTHF)**

Indications: Naturally and holistically promotes the maintenance of healthy bone structure and integrity with this thoughtful and complete formula.

Suggested Use: 2 capsules twice per day; to be taken with meals.

Size ~ 120 caps; UPC code ~ 7-08118-02065-0

Size ~ 240 caps; UPC code ~ 7-08118-02066-7

Contact ~ 800.572.4712; email ~ info@vitanica.com

Supplement Facts

Serving Size 2 Capsules, 60 Servings per Container

Amount per Serving		% Daily Value
Vitamin D3 (as cholecalciferol)	10 mcg (400 IU)	50
Riboflavin (Vitamin B2) (as riboflavin-5-phosphate)	10 mg	769
Vitamin B6 (as pyridoxine HCl)	10 mg	588
Folate (as L-5-Methyltetrahydrofolate)	335 mcg DFE	84
Calcium (as calcium carbonate, citrate, malate)	300 mg	23
Magnesium (as magnesium citrate)	150 mg	36
Zinc (as zinc picolinate)	13 mg	118
Selenium (as L-Selenomethionine)	50 mcg	91
Copper (as copper gluconate)	750 mcg	83
Manganese (as manganese citrate)	4 mg	174
Boron (as bororganic glycine amino acid chelate)	1.5 mg	†
Vitamin K2 (as menaquinone-4)	100 mcg	†
Silica (as silica amino acid chelate)	50 mcg	†

† Daily Value not established

Other ingredients: Vegan capsule (HPMC, water), microcrystalline cellulose, L-leucine.



Quality Control Statement

Vitanica is committed to maintaining the content and purity of our dietary supplements. We believe this is accomplished by focusing on the principles that contribute to well-designed products which will support health without contributing to toxicity, utilizing safe and effective ingredients.

Good Manufacturing Practices involve having policies in place to assure adequate and clean facilities, training of staff, verifying and tracking suppliers, raw material testing, clean and organized manufacturing and labeling lines, record keeping, finished product testing, clean and regulated warehousing, etc.

At Vitanica, we strive for excellence in these principles.

One way to assure quality is through third party certification via on-premise observation and analysis. At Vitanica, we are glad to say our dietary supplement manufacturing facilities are third-party certified, FDA registered and meet all regulation standards set forth by the FDA Dietary Supplement Health and Education Act as outlined in the code of Regulations, Title 21, part 111. In addition, we are a Silver Partner with Emerson Ecologics Quality Assurance Program.

All said, if products are well made, but not well designed, they may fail at supporting health. At Vitanica, we are proud to remind you our products are researched and designed by Dr. Tori Hudson, a Naturopathic Physician specializing in women's natural health.

Vitanica works like a business, but with the heart of a healer. Vitanica began in 1994 with the dream of helping women. Every day, we want to impact women's health through education and healing. Quality assurance is an essential element of meeting our dream.