

# Osteoguard® Advance

For bone health

## Presentation

**A white coated oval tablet.**

### Typically per 2 tablets:

Vitamin D3	10µg (400iu)
Vitamin K2	90µg
Calcium	500mg
Magnesium	250mg

### Tableted with:

Cellulose, Crosslinked Cellulose Gum, Anti-caking Agents (Silicon Dioxide, Magnesium Stearate), Tablet Coating (Hydroxypropyl Methylcellulose, Glycerin), Stearic Acid.



**quantity**  
90

**type**  
tablets

**code**  
8227

**Disintegration time:** Less than 1 hour.

**Suitable for vegetarians** 

## Uses

Calcium intakes of girls and women are of particular concern because of the risk of osteoporosis. And as official figures show a disturbing trend of inadequate calcium intake within these groups, supplementation is relevant for many.

This high potency all in one bone health formula provides a full 250mg of magnesium and 500mg of calcium per two tablets. The magnesium is in the form of a unique blend of three different magnesium compounds – citrate, hydroxide and carbonate, plus the calcium as both carbonate and citrate.

However, what really makes our formula stand out is the inclusion of vitamin K2 at 90µg per daily dose since this vitamin, and in particular the K2 Menaquinone (MK-7) form, is critical for bone health. Furthermore, our vitamin K2 is naturally derived from chickpea protein and is free of cis-isomers.

We have also added a full 10µg of vitamin D3 since there is now emerging evidence from studies regarding the synergistic effects of vitamin K2 and vitamin D3 in bone health.

### Usage & Administration

2 tablets daily.

### Allergen advice

None (see page 194)

### Cautions

None known at the recommended usage.

### Storage instructions

To be stored in a cool, dry place and protected from light.

### Legal category

Food supplement.

