

Osteoguard®

For Bone Health

Presentation

A white/grey clear coated oval tablet.

Each tablet delivers:

Vitamin D3	5µg (200iu)
Vitamin K1	38µg
Calcium (as Carbonate)	500mg
Magnesium (as Oxide)	125mg
Boron (as Sodium Borate)	1.5mg

Tableted with:

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

Disintegration time: Less than 1 hour.

Suitable for vegetarians 

quantity

30 & 90

type

tablets

code

8226



Uses

It is well established that many people's diets are deficient in the two essential bone-making nutrients, calcium and magnesium, and that low calcium intakes can contribute to the rate at which bone mass declines with age. The DoH recommends that women should have an intake of up to 1200mg of calcium per day, a level that is hard to achieve through diet alone, especially if the diet contains little dairy produce.

Magnesium, which is increasingly absent from the food we eat, is known to help in the deposition of calcium in the bones.

Osteoguard® provides calcium and magnesium, along with boron and the vitamins D and K, which facilitate the utilisation of calcium. Whilst one tablet a day provides good support for most diets, two tablets daily is particularly preferable for those with diets containing little dairy produce or those of menopausal age. Osteoguard® is an excellent partner for most multitis.

Usage and administration

1 to 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.

