



In a clinical study of postmenopausal women with low estrogen levels, **Ostera™**—in conjunction with a modified Mediterranean, low glycemic diet and regular exercise—was shown to beneficially influence key markers of bone remodeling more than diet and exercise alone. Bone remodeling is the natural process of healthy breakdown and formation of the bone matrix—the structure where minerals are deposited. This scientifically advanced formula features selective kinase response modulators (SKRMs) in the form of RIAA, as well as the herb berberine, and vitamins D and K to nutritionally support healthy bone remodeling during the aging process. Recommended for use with Cal Apatite®—an advanced bioactive formulation for bone mineralization.*

♦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.

DIRECTIONS: Take one tablet twice daily, or as directed by your healthcare practitioner.

WARNING: Do not use if pregnant or nursing or if taking cyclosporine or anticoagulant medication.

CAUTION: If taking other medication, consult your healthcare practitioner before use. Keep out of the reach of children.

STORAGE: Keep tightly closed in a cool, dry place.

This product is **Gluten Free**.



Metagenics®
Genetic Potential Through Nutrition



Ostera™

Promotes Healthy
Bone Remodeling in
Postmenopausal Women♦

with Selective Kinase
Response Modulators

Dietary Supplement
60 TABLETS

Supplement Facts

Serving Size 1 Tablet
Servings Per Container 60

	Amount Per Serving	% Daily Value
Vitamin D (as cholecalciferol)	500 IU	125%
Vitamin K (as phytonadione)	500 mcg	625%
Berberine HCl	90 mg	*
(<i>Phellodendron amurense</i> bark extract)		
Reduced Iso-Alpha Acids Complex	370 mg	*
(from hops extract, <i>Humulus lupulus</i> L.)		

*Daily Value not established.

Other Ingredients: Microcrystalline cellulose, stearic acid, croscarmellose sodium, calcium silicate, silica, and coating (water, hypromellose¹, medium chain triglycerides, and hydroxypropylcellulose¹).

Developed and Manufactured by:
METAGENICS, INC.

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¹Plant-based modified cellulose