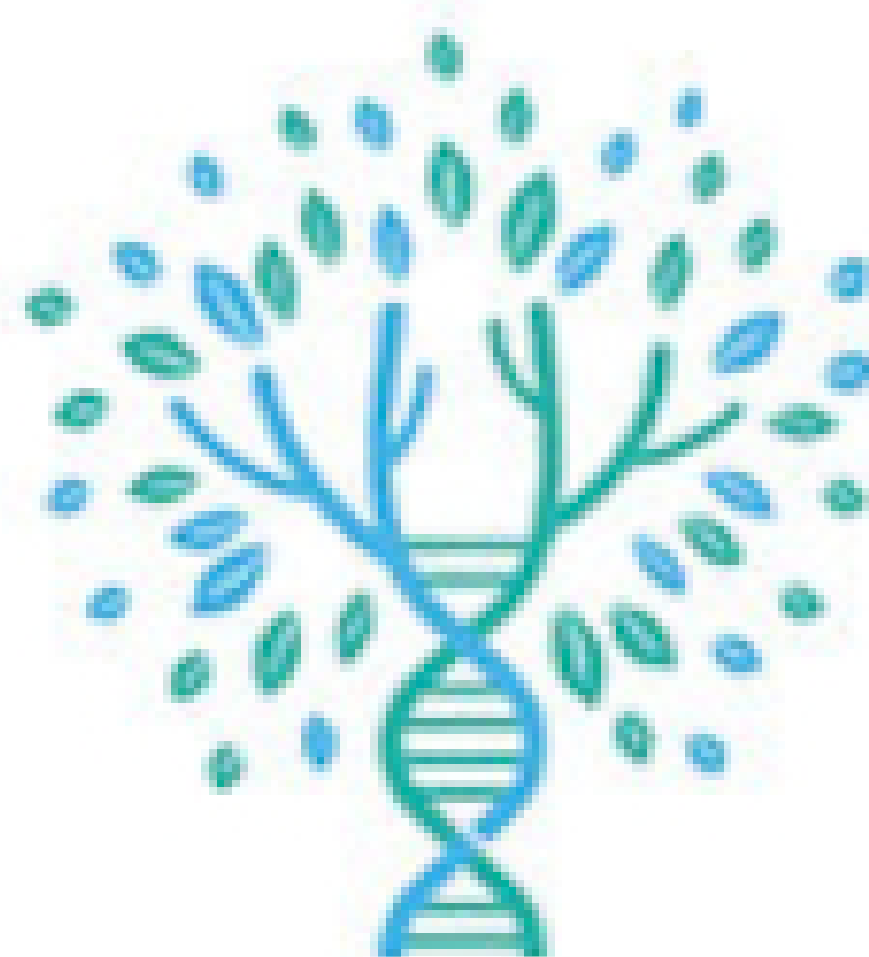




Swiss BioEnergetics

OsteoDefence

Convenient All-in-One Bone Health Formulation

Calcium with D3 & K2 + other essential calcium utilisation vitamins and minerals



Food Supplement
90 Capsules

DIRECTIONS:

Adults, take 2 capsules daily with water and food.
Do not exceed recommended daily dose.

PRODUCT INFORMATION:

2 capsules typically provides:

		% NRV*
Vitamin C	80mg	100%
Vitamin D	25µg (1000iu)	500%
Vitamin K	100µg	133%
Vitamin B6	1mg	71%
Folic Acid	200µg	200%
Calcium	266mg	33%
Magnesium	100mg	80%
Zinc	5mg	50%
Manganese	0.7mg	35%
Copper	1mg	100%
Boron	3mg	

*NRV = Nutrient Reference Value

INGREDIENTS:

Calcium Carbonate, Magnesium Oxide, Microcrystalline Cellulose, Capsule Shell: Hydroxypropyl Methycellulose, Vitamin C (Ascorbic Acid), Vitamin K Prep (Sucrose, Acacia Gum, Corn Starch, Medium Chain Triglycerides, Tri Calcium Phosphate, Menaquinone-7), Sodium Tetraborate Hydrate,

Zinc Bisglycinate, Anti-Caking Agent: Silicon Dioxide, Vitamin D Prep (Acacia Gum, Sucrose, Sunflower Oil, Starch, Cholecalciferol (D3) Oil), Manganese Citrate, Copper Citrate, Vitamin B6 (as Pyridoxine Hydrochloride), Folic Acid.

ALLERGY ADVICE:

Although rigorous precautions are taken to prevent any cross-contamination, this product is manufactured in a facility that also handles allergy-based materials such as nuts, seeds, milk, egg, cereals, soya, mustard, celery, fish, crustaceans and sulphites.

CAUTIONS:

Always consult your health practitioner before taking nutritional supplements, especially if you are taking medication or are under medical supervision. If you are taking anti-coagulants (blood thinners) is particularly important that you do not take this product except on the advice of a doctor. Long term intakes of manganese may lead to muscle pain and fatigue.

Not recommended for use by pregnant or breastfeeding women. You should not take supplements as a substitute for a varied balanced diet or healthy lifestyle. Store in a cool dry place, out of reach of children. Suitable for vegetarians but not vegans.

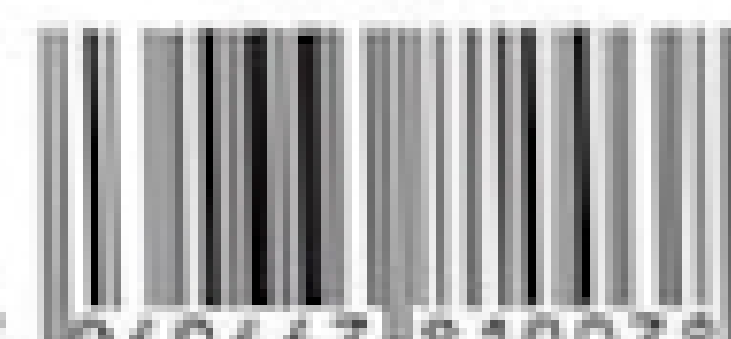
BEST BEFORE:

For best before end and batch number see base.

Manufactured in the UK to GMP code of practice for:
Countercom Ltd., 330 Harrow Road, Middlesbrough,
M49 6LL

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