

PRODUCT INFORMATION

Three tablets typically provide:

		%RDA*
Vitamin C	300mg	375
Vitamin D (300iu)	7.5µg	150
Calcium	399mg	50
Magnesium	201mg	54
Silicon	11mg	
Boron	3mg	
Horsetail	90mg	

*RDA = Recommended Daily Allowance (new 2009 values)

INGREDIENTS: Natural *Lithothamnion calcarea*; vitamin C (as ascorbic acid), magnesium oxide, calcium citrate, bulking agent: cellulose; magnesium citrate, natural horsetail powder, anti-caking agents: silicon dioxide, magnesium stearate*; sodium borate, zein protein coating, ergocalciferol (antioxidant: dl-alpha tocopherol). *(vegetarian source)

DOES NOT CONTAIN: soya, wheat, gluten, yeast, lactose, dairy products, artificial preservatives, colours or flavourings.

Hypo-allergenic formula.

Suitable for vegetarians and vegans.

This product is not tested on animals.

Charitable organisations policy: supplements regularly donated



HIGHER NATURE®

OSTEOFOOD

with vitamin D, calcium
& magnesium

90 tablets
VEGETARIAN
FOOD SUPPLEMENT

OSTEOFOOD

90 tablets

- ✓ Calcium is needed for maintenance of normal bones.
- ✓ Vitamin D and magnesium support normal bones.

DIRECTIONS: Take 3 tablets a day, with meals, or as your health professional advises. Do not exceed recommended daily intake. A daily multivitamin is also recommended.

Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.

This bottle has a UV filter.
Keep out of reach of children. Ensure lid is tight and store in a cool, dry, steam-free environment as damp conditions can affect the product quality.

HIGHER NATURE Burwash Common, East Sussex, TN19 7LX, UK
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