

Vegetarian. Free of gluten • wheat •
milk/dairy • nuts • eggs • fish • shellfish •
yeast • sugar • artificial additives

#1 Natural Multivitamin Brand[†]

100% Recycled, 100% Recyclable,
BPA-Free Bottle

Please remove label to recycle bottle.
To open, press along perforation.

New Look,
Same
Formula!

Advanced bone strength, density and repair*

Combines 1,000 mg blend of easy-to-absorb forms
of calcium, plus 500 mg of magnesium, and other
vitamins and minerals to optimize calcium absorption
and retention in bones.* Added nutrients nourish
while supporting easy, gentle digestion.*

• Advanced bone formation, density and repair*

1,000 mg easy-to-absorb calcium blend

• Optimal absorption & retention*

500 mg magnesium • vitamins D, K1 & K2 •
minerals

• Enhanced, gentle digestion*

Betaine HCl • parsley • herbs

SUGGESTED USAGE: Take 4 tablets throughout
the day, with or between meals.



Osteo-Build™

 **Food-Based Calcium**

Advanced bone health formula*

Optimal absorption & retention*

Food & herbs to aid digestion*

Gluten-Free | Milk/Dairy-Free

120 Tablets | Multi-Mineral Supplement

Supplement Facts

Serving Size 4 Tablets

Servings Per Container: 30

	Amount Per Serving	%DV
Vitamin D (as D3 Cholecalciferol)	1,000 IU	250%
Vitamin K1 (as Phytonadione)	100 mcg	125%
Vitamin K2 (as MK-7) MenaQ7™ (from Soy)	45 mcg	56%
Calcium (as Amino Acid Chelate, Citrate-Malate)	1,000 mg	100%
Magnesium (as Amino Acid Chelate, Oxide, Krebs Complex [†] , Aspartate)	500 mg	125%
Zinc (as Citrate)	20 mg	133%
Copper (as Amino Acid Chelate)	2 mg	100%
Manganese (as Citrate)	5 mg	250%
Boron (as Glycinate)	2 mg	*
Nourishing Herbal Support (equivalent to 530 mg of herbal powder Horsetail [herb], Gotu Kola [leaf] 4:1 Extract, Stinging Nettle [leaf] 4:1 Extract)	170 mg	*
Gentle Digestive Support	110 mg	*
Parsley [leaf] Concentrate	50 mg	*
Betaine HCl	60 mg	*

* Daily Value (DV) not established.

[†] Krebs Complex is a blend of citrate, malate, succinate, fumarate
& alpha ketoglutarate forms of this mineral for optimal absorption.

Other Ingredients (natural mineral or vegetable source): cellulose, stearic acid,
modified cellulose, stearic acid, silica. Coating: vegetable food glaze. (hydroxy
propyl methyl cellulose, pharmaceutical glaze).

KEEP OUT OF REACH OF CHILDREN. Consult your health care
professional prior to use if you are pregnant, nursing, are taking
medication or have a medical condition.

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* 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.

[†]SPINS Data