

## Osteoguard® 30 Tablets

EAN: 5055148412050    FABRICANTE: LAMBERTS



*LAMBERTS® Osteoguard® is an all-in-one bone health formula containing high levels of calcium and magnesium, along with boron and vitamins D and K.*

### DESCRIPTION

It is well established that many people's diets provide insufficient amounts of two essential nutrients for bone formation: calcium and magnesium, and that low calcium intakes can promote a decrease in bone mass with age. The UK Department of Health recommends that women consume up to 1200 mg of calcium per day, a level that is difficult to achieve through diet alone, especially if the diet includes few dairy products.

Both calcium and magnesium contribute to energy metabolism, to the normal process of cell division and differentiation, and to the normal functioning of teeth and muscles. Magnesium, which is increasingly absent from the foods we eat, is known for its role in calcium fixation in bones. It also contributes to normal psychological function, protein synthesis, and the nervous system, and contributes to electrolyte balance. It also helps reduce tiredness and fatigue.

Calcium, for its part, contributes to normal blood coagulation, and to the normal functioning of neurotransmission and digestive enzymes.

Vitamins D and K are involved in the **maintenance of normal bones**, and vitamin K in particular contributes to normal blood clotting. Vitamin D is essential for a healthy immune system and is important for the normal absorption and use of calcium and phosphorus. Calcium contributes to reducing bone demineralization in postmenopausal women. Low bone mineral density is a risk factor for osteoporotic bone fractures in women aged 50 and over.

Osteoguard® from LAMBERTS® is an all-in-one bone health formula containing high levels of calcium and magnesium, along with boron and vitamins D and K. Although one tablet daily is a good support for most diets, two tablets daily are preferable for those whose diet contains few dairy products, or for women of **menopausal** age. Osteoguard® is an excellent partner for most multiple formulas.

We use fine grade (pharmaceutical grade) mineral compounds in this product to help maximize absorption, and the tablets are coated to make them easy to swallow.

**White coated oval tablet.**



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### Each tablet provides:

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

### Disintegration time:

Less than 1 hour.

Suitable for vegetarians.

### Allergen note

The following list of allergens are excluded: wheat, gluten, barley, soya, eggs, milk and dairy products, lactose, nuts, sulphites, celery, fish, shellfish and yeast.

### Precautions

More than 400 mg of magnesium may cause mild stomach upset in sensitive individuals.

### Instructions for use

Take one tablet twice daily with a meal.

