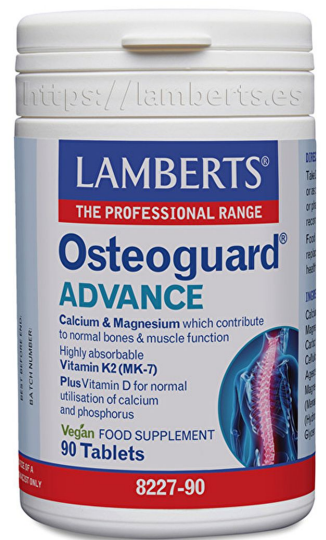


## Osteoguard® Advance 90 Tablets

EAN: 5055148412401    FABRICANTE: LAMBERTS



*Calcium 500 mg, Magnesium 250 mg + Vitamins D3 10 µg and K2 (MK-7) 90 µg*

### DESCRIPTION

This bone health formula provides a total of 250 mg of magnesium and 500 mg of calcium per two tablets.

Magnesium is found in a unique blend of three different magnesium compounds: citrate, hydroxide and carbonate, and Calcium as carbonate and citrate, providing these two nutrients in a form that maximizes their absorption.

This new presentation includes Vitamin K2 Menaquinone (MK-7) at 90 µg per daily dose, due to its importance for bone health. Our Vitamin K2 is naturally derived from chickpeas and is free of cis isomers.

We also incorporated a total of 10 µg of vitamin D3, as studies show the synergistic effects of vitamin K2 and vitamin D3 on bone health.

- Two a day to facilitate absorption.
- Provides a total of 250 mg of magnesium.
- Unique blend of 3 different magnesium compounds.
- A total of 500 mg of 2 different calcium compounds.
- Both calcium and magnesium contribute to the maintenance of normal bones.
- A rich source of vitamin K2 and D3.
- Vitamin K2 is free of cis isomers.

oval tablet with white coating.

### Two tablets provide:

Vitamin D3 10 µg (400 IU)

Vitamin K2 90 µg

Calcium 500 mg

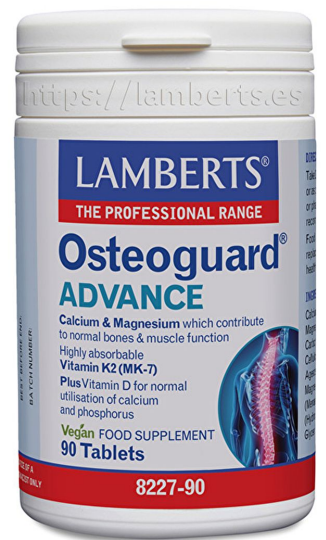
Magnesium 250 mg

Disintegration Time: Less than 1 hour.



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Suitable for Vegetarians and Vegans.

### 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

If you are taking anticoagulants (blood thinners), do not take this product except under the direction of your doctor.

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

### Storage instructions

Store in a cool, dry place, protected from light and out of the reach of young children.

### Instructions for use:

- Take 2 tablets daily with food.
- Do not exceed the expressly recommended daily dose.
- One container lasts: 45 days.

