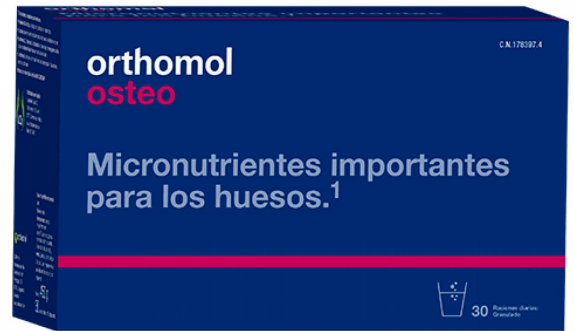


Orthomol Osteo 30 Envelopes Granules

EAN: 8470001783974 FABRICANTE: ORTHOMOL



Orthomol osteo contains the micronutrients necessary for bones such as calcium, vitamin D, vitamin C, vitamin K, vitamin B6, vitamin B12, as well as zinc and manganese.

DESCRIPTION

What is Orthomol® Osteo?

Orthomol® Osteo is a food supplement with sugar and sweeteners. Important micronutrients for bones. Vitamin D contributes to the normal absorption and utilization of calcium. Calcium is necessary for the maintenance of bones in normal conditions. Vitamin C, vitamin K, vitamin D, as well as zinc and manganese contribute to the maintenance of bones in normal conditions. Vitamin C contributes to the normal formation of collagen for the normal functioning of bones.

How to use

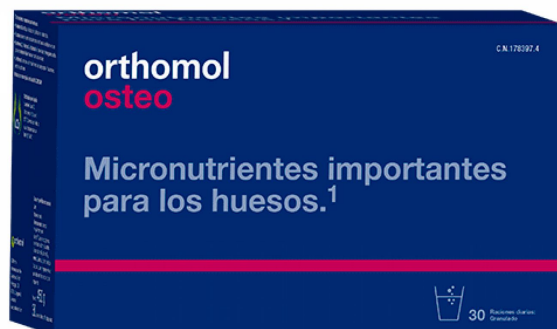
Daily take the contents of one sachet dissolved in 150 - 200 ml of still water during or after a meal. Micronutrients are needed daily; Regular use is recommended.

What is the composition of Orthomol® Osteo?



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Vitaminas	Por ración diaria	% VRN**
Vitamina D	20 µg (800 UI*)	400
Vitamina K	200 µg	267
Vitamina C	120 mg	150
Vitamina B ₆	3 mg	214
Ácido fólico	400 µg	200
Vitamina B ₁₂	10 µg	400
Minerales	Por ración diaria	% VRN**
Potasio	1.170 mg	59
Calcio	600 mg	75
Zinc	9 mg	90
Cobre	1 mg	100
Manganeso	2 mg	100
Fluoruro	1 mg	29

*UI= Unidades Internacionales | ** VRN= Valor Referencia Nutrientes

What are the ingredients of Orthomol® Osteo?

Dextrose, potassium citrate, citric acid (acidulant), calcium carbonate, maltodextrin, L-ascorbic acid, flavor, zinc gluconate, sodium cyclamate (sweetener), silicon dioxide (anti-caking agent), manganese sulfate, pyridoxine hydrochloride, cupric sulfate, sodium saccharin (sweetener), sodium fluoride, pterolyimonoglutamic acid, phylloquinone, cholecalciferol, cyanocobalamin.

Warnings

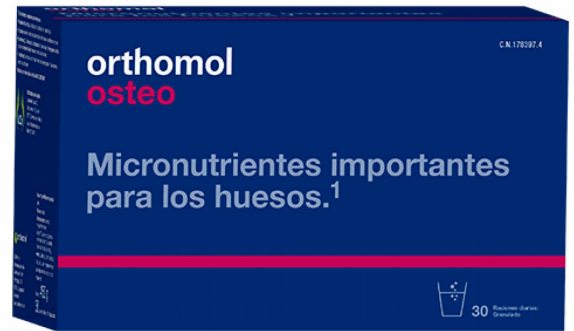
- Do not take during pregnancy and lactation.
- Do not use in case of severe kidney dysfunctions.
- In glycemic disorders, administer under metabolic controls.
- If you take digitalis, keep in mind that it contains 1.1170 mg of potassium per daily serving.
- The amount of potassium citrate contained corresponds to 30 mEq per daily serving.
- It contains 200 µg of vitamin K and may reduce the effectiveness of coumarin-type anticoagulants.

Prices valid except for changes on our website. (IVA/VAT) included. Doc. Version bf-trf-G-20241215
<https://bio-farma.es/buy/f/orthomol/orthomol-osteo-30-envelopes-granules>



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Important observations

- ? In case of glucose tolerance disorders, use only under careful metabolic control (6.9 g of carbohydrates per daily serving).
- ? Do not use Orthomol® Osteo in case of severe kidney dysfunction.
- ? If you take digitalis, keep in mind that Orthomol® Osteo contains 1,170 mg of potassium per daily serving. Additional potassium is taken with the usual diet.
- ? The amount of potassium citrate contained corresponds to 30 mEq per daily serving.
- ? Orthomol® Osteo contains 200 µg of vitamin K per daily serving and may therefore reduce the effectiveness of coumarin-type anticoagulants (e.g. Marcumar). If you are taking such a medication, please consult your doctor before using it. It may be necessary to readjust the dose of anticoagulants based on the rapid value (or INR).
- ? Do not exceed the recommended daily dose.
- ? Food supplements should not be used as substitutes for a varied and balanced diet and a healthy lifestyle.
- ? Keep out of the reach of little kids.

Other useful information

- ? Orthomol® Osteo is free of lactose and gluten.

Storage

Store Orthomol® Osteo in a cool, dry place.

