



Formulated by doctors
from Harvard, Connell, MIT
and Bastyr

DELIVERING HEALTH

www.nbihealth.com

Why Osteo-K® and Osteo-K Minis Shatter the Competition

How does your calcium supplement compare?

Based on recommended daily usage.

 DELIVERING HEALTH	OSTEO-K	OSTEO-K MINIS	CITRACAL MAXIMUM	BONE-UP	VIACTIV	CALTRATE
						
Calcium (all forms)	1000 mg (as calcium citrate)	400 mg (as calcium citrate)	630 mg	1000 mg	1000 mg	1200 mg
Vitamin D3	50 mcg (2000 IU)	50 mcg (2000 IU)	12.5 mcg (500 IU)	25 mcg (1000 IU)	10 mcg (400 IU)	20 mcg (800 IU)
Vitamin K2 (as MK4 [®])*	45 mg	45 mg	—	—	—	—
Vitamin K2 (as MK7)*	—	—	—	10 mcg	—	—
Vitamin K1* (phyloquinone)	—	—	—	100 mcg	80 mcg	—
Magnesium	—	—	—	500 mg (oxide) [†]	—	—
Boron	—	—	—	3 mg	—	—
Nutrients shown to increase bone strength*	More than 70%	More than 70%	About 18%	About 18%	About 18%	About 18%

*MK4 is the most researched form of vitamin K2 for bone health. Its health benefits have been studied for more than thirty years. More than 25 clinical trials with over 7000 volunteers indicate that MK4 (45 mg/day) supports healthy bone density and maintains strong bones as indicated by more than 70% fewer fractures. Calcium and vitamin D have been shown to reduce fractures by 18%. MK7 has not been shown to reduce fractures as a primary endpoint in clinical trials. In a clinical trial of vitamin K1 as a dietary supplement, this nutrient did not maintain healthy bone density.

†Oxide minerals. Magnesium oxide is inexpensive and commonly found in vitamin and mineral formulas. People absorb only about 4% of the magnesium as magnesium oxide. This means that 96% of what you put in your mouth is just passing right through you and being eliminated in your stool. In fact, magnesium oxide is so poorly absorbed that it's used in higher amounts as a laxative.

References:

Cheung AM, Tile L, Lee Y, et al. 2008;5(10):e196. Cockayne S, Adamson J, Lanham-New S, et al. 2006;166(12):1256-1261. Huang ZB, Wan SL, Lu YJ, et al. 2015;26(3):1175-1186. Firoz M, Graber M. 2001;14(4):257-262. Iwamoto J, Takeda T, Ichimura S. 2001;6(6):487-492. Larsen ER, Mosekilde L, et al. 2004;19(3):370-378. Lindberg JS, Zobitz MM, Poindexter JR et al. 1990;9(1):48-55. Shiraki M, Shiraki Y, et al. 2000;15(3):515-522.

These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure, or prevent any disease.