



Life Force International's **OsteoProCare** is an easily absorbed calcium/mineral dietary supplement, in liquid form. This unique formula consists of calcium, magnesium, and many other micro elements and nutrients to support the absorption and utilization of calcium.^{1, 2, 3} It also contains over 60 macro, micro, and ultra trace minerals. Plus, it contains highly valued glucosamine and chondroitin.

Glucosamine – It helps support the maintenance of joint and cartilage tissue, promotes overall joint health.

Chondroitin consists of repeating chains of glucosaminoglycans. It is also taken up by cartilage and other joint structures. Once in the cartilage, it stimulates the production of more chondroitin.

Calcium – By far, it is the most abundant mineral in the human body. Its value cannot be overestimated as it is used in so many metabolic functions. However, calcium's use in the body is directly related to its ability to be absorbed via the intestinal tract, and then pass through cell membranes.*

This requires being chelated, and usually the chelating agent is an acid. Minerals with acid chelates are often identified with an "ate" suffix, such as calcium orotate. Calcium orotate is formed when calcium ions (positively charged) are bound by orotic acid ions (negatively charged) in a liquid medium. When in a liquid medium, the type (source) of calcium makes little difference. Much like salt ions become free in water, the calcium ions and the acid ions become "free ions" in water. To formulate a high-potency calcium supplement, a source with a high percentage of calcium is required, and the highest is calcium carbonate. Once in solution, the calcium ions become free ions and are readily chelated by the available orotic acid ions and form calcium orotate. Research shows that calcium orotate is efficiently transported across cell membranes and work directly with the mitochondria within the cell. * OsteoProCare contains orotic acid as a chelating agent.⁴

Additionally, when nutrients are available in liquid form, they have distinct advantages:

the chelating agent is an acid. Minerals with acid chelates are often identified with an "ate" suffix, such as calcium orotate. Calcium orotate is formed when calcium ions (positively charged) are bound by orotic acid ions (negatively charged) in a liquid medium. When in a liquid medium, the type (source) of calcium makes little difference. Much like salt ions become free in water, the calcium ions and the acid ions become "free ions" in water. To formulate a high-potency calcium supplement, a source with a high percentage of calcium is required, and the highest is calcium carbonate. Once in solution, the calcium ions become free ions and are readily chelated by the available orotic acid ions and form calcium orotate. Research shows that calcium orotate is efficiently transported across cell membranes and work directly with the mitochondria within the cell. * OsteoProCare contains orotic acid as a chelating agent.⁴

Nutrition Facts		
Serving Size: 2 tbsp. (1 oz. • 30 ml)		
Servings per container: 32		
Amount per serving		
Calories 14		
		%Daily Value*
Total Fat	0 g	0%
Sodium	<1 mg	0%
Potassium	100 mg	3%
Total Carbohydrate	6 g	2%
Dietary Fiber	4 g	13%
Sugars	0 g	0%
Protein	<1 g	0%
Other ingredients: Purified water, almond and peppermint flavorings, glycerin, cellulase and colloidal minerals.		
Calcium 1200 mg 120%* • Iron 5 mg 27.8%* Vitamin D3 200 IU 50%* • Phosphorus 125 mg 12.5%* Iodine 150 mcg 100%* • Magnesium 600 mg 150%* Zinc 5 mg 33.3%* • Copper 1 mg 50%* Silica 2 mg** • Boron 50 mcg** • Orotic Acid 30 mg** Selenium 200mcg** • GTF-Chromium 200 mcg** Molybdenum 200 mcg** • Vanadium 100 mcg** Manganese 5 mg** • Chondroitin Sulfate 125 mg** Glucosamine Hydrochloride 200 mg**		
* U.S. RDA (Recommended Daily Allowance)		
** U.S. RDA not established		
Percent Daily Values (DV) are based on a 2,000 calorie diet. Your Daily Values may vary higher or lower depending on your specific calorie needs.		

PRODUCT SPECIFICATIONS	
PRODUCT NUMBER	LF700
DESCRIPTION	30-day supply
QUANTITY	32 fl oz/.95 liter

OSTEOPRO CARE



OSTEOPRO CARE

PRODUCT DATA SHEET

- They are easy to take – Some people have a hard time swallowing even small tablets.
- They take effect fast – Assimilation begins in the mouth.
- They are highly absorbed – By already being in liquid form, they don't have to be converted from solid into liquid, and therefore, have a very high rate of absorption.

The BioLiquid Advantage:

OsteoProCare is a highly concentrated formula and has the benefit of Life Force International's production technology, called BioLiquid Advantage, which consists of four specific functional components:

- *Concentration* – OsteoProCare has 1200 mg of calcium, and 600 mg of magnesium concentrated in only one ounce. This is in addition to all of the other health supporting nutrients. A proprietary “sequentially miscible” process of combining key ingredients achieves this concentration.
- *Sequential Mixing* – This is the process of combining key ingredients to achieve concentration and the ability to mix fat and water soluble components. As with cooking recipes, the sequence of adding ingredients is important to the outcome.
- *Supportive Compounds* – The use of various support ingredients add synergy to the OsteoProCare formula, including the addition of orotic acid.⁴
- *Stable Freshness* – Careful use of stabilizers, in proper ratios for liquids, maintains freshness.

Ingredients:

Calcium (Carbonate/Orotate), Magnesium (Hydroxide), Glucosamine Hydrochloride, Potassium (Chloride), Chondroitin Sulfate, Iron (Gluconate), Zinc (Gluconate), Manganese (Gluconate), Montmorillonite*, Stevia Extract (Leaf), Copper (Gluconate), Chromium (Chloride), Vanadium (Sulfate), Selenium (Sodium Selenite), Molybdenum (Sodium Molybdate), Boron (Hydrated Sodium Borate), Vitamin D3, and Iodine (Potassium Iodide). *Ionic Trace Mineral Complex.

Other Ingredients:

Purified Water, Glycerin, Cellulose, Potassium Sorbate, Potassium Benzoate, Almond Oil, and Peppermint Oil.

Potential Benefits From Ingredients That:

- Provide 1200 mg of calcium per 1-oz serving– A highly bio-available form of calcium can support health in many ways. Additionally, the U.S. FDA has allowed the following health claim regarding calcium intake and osteoporosis:
“Regular exercise and a healthy diet with enough calcium helps teen and young adult white and Asian women maintain good bone health and may reduce their risk of osteoporosis later in life.”⁵
- Includes numerous support factors for improved utilization of calcium, including:^{6, 7, 8, 9, 10}
 - 600 mg of magnesium per ounce
 - Vitamin D
 - Zinc
 - Copper
 - Manganese
 - Boron
- Includes over 60 macro, micro and ultra trace minerals and nutrients.
- Support bone strength.^{9, 10}
- Support healthy teeth.¹¹
- Improve muscular function.^{12, 13}
- Includes glucosamine, which supports joint flexibility.¹⁴



- Includes chondroitin, which supports cartilage structure.¹⁵
- Contribute to alkalizing the body's pH.^{16, 17, 18}

Suggested Use:

Shake the bottle well before using, as some of the minerals tend to collect at the bottom. For arthritic individuals, lay bottle on its side and roll back and forth to mix thoroughly.

Stand-Alone Use – Take one ounce daily. For best results take ½ ounce twice daily, for a total of one ounce, preferably with the consumption of food. OsteoProCare can be taken directly, or mixed with your favorite beverage.

As Part of The Baseline Nutrition – OsteoProCare is an integral part of our Baseline Nutrition Pack, which also includes Body Balance. Please follow the instructions for OsteoProCare use when taken as part of this pack.

As Part of the Cornerstones Of Good Health Program – OsteoProCare is an integral part of our Cornerstones Of Good Health program, which also includes, Body Balance, AminoCharge, and TrueGreens. Please follow the Cornerstones instructions for OsteoProCare use when taken as part of this program.

Servings:

OsteoProCare comes in a 32-oz bottle, which yields 32 servings @ 1-oz per serving. When using 1 ounce daily, OsteoProCare is a 32-day supply.

Caution:

Keep out of reach of children.

OsteoProCare contains an ingredient obtained from certain shellfish. Anyone allergic to shellfish should consult with their health care professional before consuming this product. OsteoProCare contains 600mg of magnesium per ounce.

It is not uncommon to experience intestinal cleansing or a loose stool. If this occurs, reduce consumption by half, and slowly increase to recommended amount.

Pregnant or lactating women to consult their health care professional prior to using any new product.

Shelf Life & Storage:

Once opened, OsteoProCare has a shelf life of 6 months. Unopened, it has a shelf life of 1 year. Store at room temperature and do NOT refrigerate.

* 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.

References:

This specific product or products have not been tested for any of the potential benefits listed herein. The following references apply to studies and/or research conducted with certain ingredients, or combinations of ingredients, used in formulating this product. Such ingredients may not be from the same source or processed in the same way as the ingredients used in this product.

1) The role of vitamins in the prevention of osteoporosis--a brief status report. Weber, P. *Int J Vitam Nutr Res.* 1999 May;69(3):194-7.

2) Calcium, vitamin D and vitamin K in the prevention of fractures due to osteoporosis. Meunier, P.J. *Osteoporosis Int.* 1999;9 Suppl 2:S48-52.



PRODUCT DATA SHEET

OSTEOPRO CARE

- 3) Vitamin D3-induced calcium binding protein in bone tissue. Christaskos, S. and Norman, A.W. *Science*. 1978 Oct 6;202(4363):70-1.
- 4) Recalcification of bone metastases by calcium diorotate. Nieper, A. *Agressologie* 1970 11:6 495-500.
- 5) Code of Federal Regulations: 21 CFR 101, 72-Health claims: ... Subpart E--Specific Requirements for Health Claims Sec. 101.72 Health claims: calcium and osteoporosis. (a) Relationship between calcium and osteoporosis. An ...
- 6) Magnesium supplementation and osteoporosis. Sojka J.E., et. al. *Nutritional Review* 1995;53:71-74.
- 7) The relationship between boron and magnesium status and bone mineral density in the human: Volpe, S.L., Taper, L.J., Meacham, S. *Magnes Res*. 1993 Sep;6(3):291-6.
- 8) The role of vitamin D in the pathogenesis and treatment of osteoporosis. Gallagher, J. C. *J Rheumatol Suppl*. 1996 Aug;45:15-8. PMID: 8856646
- 9) The positive effects of zinc on skeletal strength in growing rats. Ovesen J., Moller-Madsen, B., Thomsen, J.S., Danscher, G., Mosekilde, L. *Bone*. 2001 Dec;29(6):565-70.
- 10) Inadequate copper intake reduces serum insulin-like growth factor-I and bone strength in growing rats fed graded amounts of copper and zinc. Roughead, Z. K., Lukaski, H.C. *J Nutr*. 2003 Feb;133(2):442-8. PMID: 12566481
- 11) The relation between tooth loss and bone mass in postmenopausal osteoporotic women in Turkey: a multicenter study. Gur, A., Nas, K., Kayha, O., Atay, M.B., Akyuz, G., Sindal, D., Aksit, R., Oncel, S., Dilsen, G., Cevik, R., Gundez, O.H., Ersoy, Y., Altay, Z., Osturk, C., Akkus, S., Senocak, O., Kavuncu V., Kirnap, M., Tekeoglu, I., Erdogan, F., Sarac, A.J., Demiralp, I., Demikesen, A., Adam, M. *J Bone Miner Metab*. 2003;21(1):43-7. PMID: 12491093
- 12) Calcium ion in skeletal muscle: its crucial role for muscle function, plasticity, and disease. Berchtold, M.W., Brinkmeier, H., Muntener, M. *Physiol Rev*. 2000 Jul;80(3):1215-65. PMID: 10893434
- 13) Vitamin D [calcium] and muscle function. Pfeifer, M., Begerow, B., Minne, H.W. *Osteoporos Int*. 2002 Mar;13(3):187-94. PMID: 11991436
- 14) Glucosamine and chondroitin for treatment of osteoarthritis: a systematic quality assessment and meta-analysis. McAlindon, T.E., LaValley, M.P., Gulin, J.P., Felson, D.T. *JAMA*. 2000 Mar 15;283(11):1469-75. PMID: 10732937
- 15) Glucosamine therapy compared to ibuprofen for joint pain. Ruane, R., Griffiths, P. *Br J Community Nurs*. 2002 Mar;7(3):148-52. PMID: 11904551
- 16) Cell alkalosis elevates cytosolic calcium in rabbit resident alveolar macrophages. Heming, T.A., Bulayeva, N.N., Bidani, A. *Clin Sci (Lond)*. 2003 Feb 20 PMID: 12593669
- 17) Lowering extracellular sodium or pH raises intracellular calcium in gastric cells. Negulescu, P.A., Machen, T.E. *J Membr Biol*. 1990 Jul;116(3):239-48. PMID: 2388255
- 18) Effects of extracellular pH on receptor-mediated Ca²⁺ influx in A7r5 rat smooth muscle cells: involvement of two different types of channel. Iwasawa, K., Nakajima, T., Hazama, H., Goto, A., Shin, W.S., Toyo-oka, T., Omata, M. *J Physiol*. 1997 Sep 1;503 (Pt 2):237-51. PMID: 9306269

PRODUCT DATA SHEET



OSTEOPRO CARE

minerals & vitamins	MINERAL	MILIGRAMS	US RDA PERCENT
	Boron	0.50	*
	Calcium	1,200.00	120%
	Chromium GTF	0.20	167%
	Copper	1.00	50%
	Iodine	0.15	100%
	Iron	5.00	27.8%
	Magnesium	600.00	150%
	Manganese	5.00	250%
	Molybdenum	0.20	*
	Phosphorus	125.00	12.5%
	Potassium	100.00	*
	Selenium	0.20	286%
Silica	2.00	*	
Vanadium	0.10	*	
Vitamin D3	200 IU	50%	
Zinc	5.00	33.33%	

micro minerals	Antimony	Barium	Beryllium	Bismuth	Bromine
	Carbon	Cerium	Cesium	Cobalt	Dysprosium
	Erbium	Europium	Fluoride	Gadolinium	Gallium
	Germanium	Gold	Hafnium	Holmium	Niobium
	Osmium	Palladium	Phosphorus	Platinum	Praseodymium
	Rhenium	Ruthenium	Samarium	Scandium	Silicon
	Silver	Sodium	Strontium	Sulfur	Tantalum
	Tellurium	Terbium	Thallium	Thorium	Thulium
	Tin	Titanium	Tungsten	Ytterbium	Yttrium
	Zirconium				

nutraceuticals	
DESCRIPTION	QUANTITY
Chondroitin Sulfate	125 mg
Glucosamine Hydrochloride	200 mg

Shellfish Allergy Warning: This product contains one or more ingredients obtained from certain shellfish. Anyone allergic to shellfish should consult with their health practitioner before consuming this product.