**Clinical Applications**

- Supports Bone Health*
- Promotes Healthy Bone Metabolism*
- Supports Healthy Levels of Osteocalcin*
- Promotes Osteoblast Activity and Bone Mineralization*
- Supports Musculoskeletal Comfort**

*OsteoBloX™ CF features vitamin D3 as cholecalciferol, vitamin K as menaquinone-7 (MK-7), and Bonolive® olive leaf extract to give you science-based bone support without calcium. These nutrients address the multiple needs of a healthy skeletal system—from bone mineralization to stimulating bone-building cells.*

Bonolive has an excellent safety profile. Olive fruit, oil, and leaves have long histories of consumption and traditional use. Additionally, the 12-month Bonolive clinical trial by Filip et al showed no adverse effects. Most importantly, a comprehensive good laboratory practices toxicology assessment of Bonolive confirmed the safety of its oral consumption.[10][11]

**Vitamin D3**

Although vitamin D3 (cholecalciferol) is made in the skin when 7-dehydrocholesterol reacts with sunlight, many factors affect the degree to which this biosynthesis occurs, including time of day, season, location, smog/pollution, clothing, skin color (darker skin requires more sun), and sunscreen use. Low-cholesterol diets and certain cholesterol therapies can also affect vitamin D formation. By some estimates, one billion people worldwide have vitamin D deficiency or insufficiency.[12] The body needs vitamin D to absorb calcium, and the importance of vitamin D in skeletal health and bone density is well-established. Insufficient vitamin D negatively affects calcium absorption.[13] Without adequate absorption, the body must take calcium from its stores in the skeleton, which weakens existing bone and prevents the formation of strong, new bone. Vitamin D is also needed by osteoblasts and osteoclasts for bone remodeling. Researchers suggest that vitamin D supplementation may decrease bone turnover and increase BMD.[14] A pooled analysis evaluating 11 RDBPC trials concluded that vitamin D supplementation (> 800 IU daily) was favorable in maintaining hip and nonvertebral bone integrity in individuals aged 65 and older.[15]

**Vitamin K2**

OsteoBloX CF provides vitamin K2 as menaquinone-7 (MK-7)—a bioactive, bioavailable form of vitamin K.[16] The biological role of vitamin K in relation to calcium and bone is to help deposit calcium into appropriate areas in the

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*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.
OsteoBio™ CF Supplement Facts
Serving Size: 1 Capsule

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount Per Serving</th>
<th>%Daily Value</th>
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<tbody>
<tr>
<td>Vitamin D3 (cholecalciferol)</td>
<td>1000 IU</td>
<td>250%</td>
</tr>
<tr>
<td>Vitamin K2 (as menaquinone-7)</td>
<td>20 mcg</td>
<td>25%</td>
</tr>
<tr>
<td>Olive Extract (Olea europaea)(leaves)</td>
<td>250 mg</td>
<td>**</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>850 mcg</strong></td>
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*Other Ingredients: HPMC (capsule), microcrystalline cellulose, ascorbyl palmitate, silica, and medium-chain triglyceride oil.

Bonolive is a registered trademark of BioActor.

DIRECTIONS: Take one capsule daily, or use as directed by your healthcare practitioner.

Consult your healthcare practitioner prior to use. Individuals taking medication should discuss potential interactions with their healthcare practitioner. Consider total vitamin K intake (food + supplements) if you are taking blood-thinning medication. Do not use if tamper seal is damaged.

DOES NOT CONTAIN: Wheat, gluten, yeast, soy, dairy products, fish, shellfish, peanuts, tree nuts, egg, ingredients derived from genetically modified organisms (GMOs), artificial colors, artificial sweeteners, or artificial preservatives.

STORAGE: Keep closed in a cool, dry place out of reach of children.

References


Additional references available upon request

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