



Osteoforte™

Reconstructive Formula with cellular nutrients for the maintenance and functioning of bones and hard connective tissue

Human bone tissue undergoes constant anabolic and catabolic processes. Certain vitamins, minerals and amino acids (cellular nutrients) support the construction and stability of bone, thus contributing to its maintenance and its normal function. At the same time, however, bone also serves as a “depot”: 99% of the calcium in our bodies, for example, is stored in the bones and can be taken out again if required.

Collagen and connective tissue fibres are an important basis for stable bones. As a basic structure, they form a kind of network in which

other micronutrients are stored. Vitamin C assists collagen (network) formation for normal bone function. Bones gain their stability and hardness from storing minerals and trace elements between these connective tissue structures. Calcium, magnesium and manganese contribute to maintenance of normal bones. Vitamin K2 and vitamin D are also of significance. According to recent scientific findings, vitamin K2 makes an important contribution to the storage of calcium in the bones, thus contributing to their preservation. Vitamin D assists the intake of calcium from food and its exploitation.

Osteoforte™ is a Reconstructive Formula in the Dr. Rath Cellular Nutrient Programme. The ingredients in Osteoforte™ support cellular metabolism in many ways simultaneously, e.g.:

- With vitamin D, calcium, vitamin K2, magnesium, manganese and zinc as a contribution to maintaining normal bones
- For assisting the normal intake and exploitation of calcium and phosphorus, with the help of vitamin D
- With important factors that have a function in cell specialization (vitamin A, calcium) and cell division (folic acid, vitamin D, zinc)
- With vitamin C to assist the formation of collagen for the normal function of the bones and teeth
- With vitamin D, calcium and magnesium as a contribution to maintaining normal teeth

Contents of one tablet:

Vitamin C obtained from:		
Calcium ascorbate	83.3	mg
Magnesium ascorbate	83.3	mg
Vitamin A	250.0	µgRE
<i>(Beta carotene)</i>		
Vitamin E	55.1	mg
<i>(D-alpha-tocopherol)</i>		
Vitamin D3	0.83	µg
Vitamin K2 (as Menaquinone-7)	15	µg
Folic acid	83.3	µg
Calcium	333.3	mg
Magnesium	166.7	mg
Potassium	16.7	mg
Zinc	3.33	mg
Manganese	333.0	µg
Boron	66.7	µg
Iodine (from seaweed)	25	µg
Silica (from horsetail)	7.5	mg
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Additional natural carotenoids	36	µg
<i>(Alpha-carotene, lutein, zeaxanthin and cryptoxanthin)</i>		

Recommended allowance:

Adults: 1 tablet 3 times a day. Take at mealtimes with plenty of liquid (water, juice, tea)

Presentation: 90 tablets per jar

Order No.: 027

Reconstructive Formula

Osteoforte™ contains selected micronutrients in a synergistic combination. This Reconstructive Formula has been developed for combining with our range of Basic Formulas. It supplements the spectrum of nutrients with important factors for the maintenance and normal function of the bones.

