

*Osteochron® is a chronobiological composition of micronutrients to supplement all the vital substances that are nutritionally deficient or that are increasingly needed due to certain lifestyles in order to support the maintenance of normal bones as well as normal muscle function.*

### Basics:

Adequate calcium levels are important, especially in older people - this applies to women as well as men. Daily intake of calcium in sufficient amounts is crucial for older people and should be an integral part of maintaining one's health adequately. Calcium is found among others in foods such as dairy products, certain fruits and vegetables, nuts, seeds, fish and eggs. It is essential for many of the body's processes, including bone metabolism in particular, including maintaining the strength of all bones.

In addition, there are many other vitamins, minerals and nutrients that are necessary for optimal bone metabolism.

These include, among others:

**MCHC:** Hydroxyapatite is a special form of calcium and accounts for up to 40% of the respective mass in bone and up to 95% in teeth. Besides calcium, hydroxyapatite also contains phosphorus, a second mineral that is essential for bone formation. It can be absorbed as soon as it is consumed in micronised, i.e. greatly reduced, form.

**MSM:** (methyl sulfonyl methane), also known as organic sulphur, is one of the main sources of sulphur in our diet. It is found in almost all foods (milk, fruit, vegetables, cereals, meat, fish, etc.), but is often destroyed by excessive heating. Sulphur is also found in cartilage. Here it promotes important regeneration processes, including bone metabolism.

**Magnesium** is found in foods such as cereals, nuts, seeds, pulses, green vegetables and dried fruits. It can help strengthen the bones in many ways. Magnesium is essential for the proper absorption and metabolism of calcium, among other things; in fact, these two minerals are interdependent for proper function. Magnesium is also involved in promoting bone maintenance by supporting the production of calcitonin, a bone-maintaining hormone from the C-cells of the thyroid gland. In addition, magnesium is necessary for the proper regulation of parathyroid hormone, which is responsible for bone loss, among other things.

**Vitamin C**, also known as ascorbic acid, is a water-soluble vitamin. Citrus fruits are considered the classic main sources of vitamin C. But many vegetables such as peppers, broccoli and cabbage are also rich in vitamin C. Vitamin C can contribute to normal collagen formation and thus to normal bone mineralisation function.

**Vitamin B12** is found mainly in animal foods such as meat, fish, seafood, eggs and dairy products. **Vitamin B6** is also found in plant foods. These B vitamins contribute to a normal energy metabolism as well as to a normal function of the immune system, both prerequisites of a physiological bone metabolism.

**Vitamin D** can contribute to the maintenance of normal bones and muscle function. Foods such as fatty fish, mushrooms and egg yolks are rich in this vitamin. With sufficient sunlight, the skin can also synthesise vitamin D in an active form.

**Calcium:** Certain calcium-containing mineral mixtures, whether of animal or mineral origin, have numerous properties. Not only do they provide the organism with minerals, but they can also help regulate the body's pH.

**Piperine** is found in black pepper and can increase the bioavailability of various micronutrients.

If the absorption of these nutrients through the diet is not sufficient or there is an increased need, these nutrients can be supplemented with special dietary supplements. Some of these nutrients are better absorbed in the morning and activate the body, while others are better absorbed in the evening and support regeneration. Chronobiologically oriented products take this into account accordingly.

## Ingredients:

AM capsule (morning)	per capsule	daily dose
MCHC®	208 mg	416 mg
Calcium (Ca)	155 mg	310 mg
Vitamin C	28 mg	56 mg
Vitamin D3 (as cholecalciferol)	5 mg	10 mg
Vitamin B6	1 mg	2 mg
Vitamin K2 (menaquinone-7)	40 mcg	80 mcg
Coral Calcium®	12,5 mg	25 mg
Bioperine®	1,25 mg	2,5 mg

### Other ingredients:

Microcrystalline Cellulose, Stearic Acid, Magnesium Stearate, SiO<sub>2</sub>.

PM capsule (evening)	per capsule	daily dose
MCHC®	105 mg	210mg
Calcium (Ca)	25 mg	50 mg
Magnesium (Mg)	125 mg	250 mg
MSM	150 mg	300 mg
Isoflavones (from soy)	80 mg	160 mg
Vitamin B12	25 mcg	50 mcg
Coral Calcium®	12,5 mg	25 mg
Bioperine®	1,25 mg	2,5 mg

### Other ingredients:

Microcrystalline Cellulose, Stearic Acid, Magnesium Stearate, SiO<sub>2</sub>.

### Recommended consumption:

In normal cases take 2 capsules AM (yellow) in the morning and 2 capsules PM (blue) in the evening with plenty of fluid.

## Notes:

Food supplements are not intended as a substitute for a balanced and varied diet and a healthy lifestyle. Do not exceed the recommended daily intake. Keep out of the reach of children. Store protected from light and dry at room temperature.

The published information is not a cure and is not intended as a request or suggestion for selfmedication.

Although some of the above statements on individual micronutrients are derived from scientific studies, they have been categorised as “not yet sufficiently proven” by official authorities such as the European Food Safety Authority (EFSA), meaning that no positive effect can be confirmed.

The product described herein has not been conclusively evaluated by the Food and Drug Administration (FDA; USA) or the European Food Safety Authority (EFSA; Europe). This product is not intended to diagnose, treat, cure or prevent any disease.

Errors and typographical errors excepted.VBX-1-24

Manufacturer



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