# Ostec

## DAILY HEALTH

Provides calcium needed for optimal bone health.\*





### Osteo is a powerful bonebuilding formula that's essential to getting fit and healthy aging.\*

#### BONE-HEALTH FACTS YOU SHOULD KNOW\*

Bone health and strength naturally decline over time, even before age 30. Inactive lifestyles can be a key cause of bone loss.

Physical activity and exercise require strong bones, and place stress on bones and joints.

#### Your Bones Support You – Support Them!\*

Osteo's multi-mineral and vitamin formula helps to support and reinforce healthy bone density levels that breakdown as we age.

- Calcium Provides α full daily dose
- Vitamin C & D Improves the absorption of calcium.

 Aquamin TG – Rich in over 70 important trace minerals, including zinc, iron, and selenium.

Osteo promotes bone formation and strength, so you stay strong, active, and help maintain bone health through every phase of life.

