

Osscare

Calcium 400 mg

Magnesium 150 mg

Vitamin D3 200 IU

Zinc 10 mg

Liquid

to help maintain
STRONG BONES
for women &
men of all ages



 HI-**GRADE**



**ORANGE
FLAVOR**

This product is registered
Enlistment No. 002.0122

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Calcium is one of the most prevalent minerals in the human body. Its most celebrated role is maintaining healthy bones. It's no surprise that 98% of our calcium stores are found in bones and teeth. The remaining 2% of the body's calcium stores are located in soft tissues including muscles, blood and the nervous system. Despite the smaller proportion of calcium in soft tissues it is essential for many physiological functions, including heart contraction, nerve function, blood clotting, and enzyme and hormone production.

Magnesium helps maintain normal muscle and nerve function, keeps heart rhythm steady, supports a healthy immune system, and keeps bones strong. Magnesium also helps regulate blood sugar levels, promotes normal blood pressures, and is known to be involved in energy metabolism and protein synthesis.

Vitamin D

Your body must have vitamin D to absorb calcium and promote bone growth. Too little vitamin D results in soft bones in children (rickets) and fragile, misshapen bones in adults (osteomalacia).

You also need vitamin D for other important functions. If your body doesn't get enough vitamin D, you're at risk of developing (osteoporosis). It protects the teeth and bones and defends against diseases, including cancer and multiple sclerosis.

Zinc

The health benefits of zinc include a proper functioning of the immune and digestive systems, controlled diabetes, reduction in stress levels, improved metabolism, and an increased rate of healing for acne and wounds. Also, it is helpful in terms of pregnancy, hair care, eczema, weight loss, night blindness, cold, eye care, appetite loss, and many other conditions.

Directions:

Children (1-2 Years): 1 teaspoonful twice a day.

Children (3-12 Years): 2 teaspoonfuls 1-3 times a day.

Adult (Men and Women): 2 teaspoonfuls twice a day.

Pregnancy and Breast-feeding:

2 teaspoonfuls twice a day.

Do not exceed the recommended intake.

