

(U.S. product)

Article No. 02264 (30-day supply)

A complete natural mineral supplement designed to promote healthy bone density and strength.*
90 caplets; three per day.



- **Vitamin C:** Promotes proper collagen formation.* Collagen is the primary protein in the tendons and fascia connected to bone.
- **Vitamin D:** Aids in the absorption and utilization of calcium.* The body makes vitamin D naturally from the sun; however, with more people spending less time in the sun, vitamin D supplementation is more important than ever.*
- **Vitamin K:** Low levels are associated with increased bone fractures.
- **Calcium citrate:** Recognized as the most bio-available form of calcium. Calcium promotes healthy bones and teeth and is necessary for proper contraction and relaxation of muscles, including the heart.*
- **Colloidal trace minerals:** The body requires 60 minerals, yet most supplements deliver only a small handful. Unlike other colloidal mineral supplements, Osteogen is specially micronized (reduced to an extremely small particle size) for better digestibility and absorption.
- **Silica:** Provides a strong reinforcing framework for bone.*
- **Boron:** USDA studies show that high boron levels can help in the absorption and utilization of calcium, as well as aid in proper hormonal function.*
- **Watkins Bio-Activator™ Blend (Black Pepper and Ginger):** Scientific studies strongly suggest that black pepper and ginger may help to protect and maximize the potency of vitamins and nutrients in the body.*

**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.*

Supplement Facts

Serving Size 1 Caplet

| | Amount Per Serving | % DV |
|--|--------------------|------|
| Vitamin C (ascorbic acid) | 20 mg | 33 |
| Vitamin D (cholecalciferol) | 42 IU | 10 |
| Vitamin K (phyloquinone) | 13 mcg | 17 |
| Calcium (calcium citrate) | 200 mg | 20 |
| Colloidal trace minerals (72 minerals from natural bentonite deposits) | 33 mg | † |
| Silica (colloidal silica, horsetail aerial parts) | 17 mg | † |
| Boron (boron citrate chelate) | 0.33 mg | † |
| Watkins Bio-Activator™ Blend | 25 mg | † |
| Black pepper fruit, ginger root, cellulase plant enzyme | | |

† Daily value (DV) not established.

Other ingredients: Microcrystalline cellulose, cellulose gum, stearic acid, silicon dioxide, magnesium stearate, pharmaceutical glaze

Directions: For adults: take one caplet three times per day with each meal. Consult your physician before taking any dietary supplement.

Please note change in US label: Due to US government regulations, the label for Osteogen now lists the amount of the ingredient that is taken at one time (one caplet) rather than the amount of the daily dose, as was previously listed. The product has not changed, but you will see a difference in the amount of the ingredient and the percent of the Daily Value (%DV) listed on the label. To calculate the amount of the ingredient or the %DV in a daily dose, multiply the amount of the ingredient or the %DV listed on the label, by the number of caplets taken per day. For example, the amount of calcium is listed as 200 mg, with a %DV of 20% per caplet. Since the instructions are to take 3 caplets per day, multiply 200 x 3, which equals 600 mg of calcium in a daily dose, and 20 x 3 equals 60% of the Daily Value (DV) for calcium.

Testimonials—

*These are personal testimonials. Individual results may vary.
Consult your physician before taking any dietary supplements.*

“Although I cannot use hormone replacement therapy, my bone density is superb, thanks to Watkins Osteogen.”

—**Jean Kuehn, Florida**

“Recently I broke my arm and was in a cast for four months. I started taking Watkins Osteogen, and when I went to the doctor to get an x-ray, he couldn’t believe that my bones were getting stronger since taking Osteogen.”

—**Susan Freeman, British Columbia**