Life Force®
Mailing Address:
PO Box 6384
Baulkham Hills Business
Centre NSW 2153, Australia
AUS: 1800 888 306
NZL: 0800 445 967
ABN # 25 089 051 294

Manufactured by
Life Force® USA
www.lifeforce.net

OsteOmegaCare

Product Name: OsteOmegaCare® liquid mineral supplement (960 ml)

Characteristics: A 100% vegetarian liquid calcium and mineral supplement formulated to provide an easily absorbed and great tasting source of calcium. It also contains magnesium, Vitamin D3 and other supporting nutrients in ideal ratios.

- Assists in maintaining healthy bones and joints
- Assists in maintaining healthy gums and teeth
- Assists in promoting increased flexibility and bone strength

BONE HEALTH | **JOINT HEALTH** | **NUTRIENT SUPPORT**

Calcium:

- Regulates the transportation of ions across cellular membranes
- Maintains collagen, the glue that holds cells together.

Vitamin D3:

- Assists in the absorption of calcium across the intestinal wall of cell membranes.
- D3 raises the vitamin D level quickly and helps maintain that level longer in the body.

Vegetarian Glucosamine:

- Vegetarian glucosamine is sourced from Aspergillus niger.
- A naturally occurring amino-sugar that can assist in the formation and repair of cartilage. Glucosamine works in perfect synergy with omega oils to promote joint health.

Essential Fatty Acids (EFA's)

- The richest vegetable source of omega EFA's is derived from organic flaxseed oil and provides omega-3, 6 and 9.
- EFA's are the building blocks for the membranes of every cell in the body. The body cannot produce omega-3 and 6 on its own, so they must be obtained from a food source or a food supplement.

They are "good fats" that together:

1. Make up a very large part of the brain's active tissues.
2. Can assist in the reduction of cholesterol and triglycerides.
3. Help the body absorb fat-soluble vitamins like A, D, E and K.
4. Can assist in the reduction of inflammation and swelling.

L-Carnitine:

- A naturally occurring amino acid compound that helps to transport long chain fatty acids across mitochondrial membranes.

Inulin (Oligo-fiber):

- Boosts calcium absorption, which is important to building and maintaining strong bones.
- Simulates the growth of probiotics which are beneficial intestinal bacteria.

- 100% VEGAN
- GLUTEN FREE
- Non-GMO
- NO ARTIFICIAL COLOURING
- NO ARTIFICIAL FLAVOURING
- NO ARTIFICIAL SWEETENERS
- NO ADDED SUGARS

Suggested Use: Drink tbsp. (mL) twice daily, preferably 1 tbsp. in the morning and 1 tbsp. in the evening with food. Shake well before using.

Note: During initial use, if experiencing intestinal cleansing or loose stool, reduce consumption by half and slowly increase to recommended amount.

Storage/shelf life:
Store in a cool dry place. DO NOT REFRIGERATE.

Unopened: Shelf stable for 12 months when stored at room temperature, sheltered from light and moisture, and product is kept in its original packaging.

Opened: For best results use within 90 days after opening. Store at room temperature sheltered from light and moisture.

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Supplement Facts

Serving Size	1 tbsp. (15 mL)
Servings Per Container	64

Amount Per Serving	% DV
Calories 15	
Total Carbohydrate 3 g	1%*
Total Fat 1 g	2%
Saturated Fat 0 g	0%
Dietary Fiber 2 g	8%*
Inulin 710 mg	†
Polyunsaturated Fat 1 g	†
Flax Oil–Omega-3 450 mg	†
Flax Oil–Omega-6 140 mg	†
Monounsaturated Fat <0.5 g	†
Flax Oil–Omega-9 140 mg	†
Vitamin D3 (as cholecalciferol) 1000 IU	250%
L-Carnitine (vegetarian source) 60 mg	†
Calcium (as calcium carbonate and calcium orotate) 600 mg	60%
Iron (as ferrous gluconate) 2.5 mg	15%
Iodine (as potassium iodide) 75 mcg	50%
Magnesium (as magnesium hydroxide) 300 mg	75%
Zinc (as zinc gluconate) 2.5 mg	15%
Selenium (as sodium selenite) 100 mcg	140%
Copper (as copper gluconate) 0.5 mg	25%
Manganese (as manganese gluconate) 2.5 mg	125%
Chromium (as chromium chloride) 100 mcg	80%
Molybdenum (as sodium molybdate) 25 mcg	30%
Chloride (as potassium chloride) 30 mg	<2%
Potassium (as potassium chloride) 30 mg	<2%
Boron (as boron citrate) 25 mcg	†
Glucosamine Hydrochloride (vegetarian source) 100 mg	†
Silicon (as silicon dioxide) 1 mg	†
Vanadium (as vanadyl sulfate) 50 mcg	†

* Percent Daily Values (DV) are based on a 2,000 calorie diet.
† DV not established.

Other Ingredients: Purified Water, Glycerin (Vegetarian Source), Natural Vanilla Flavors, Orotic Acid, Xanthan Gum, Montmorillonite, and Purified Stevia Extract (Leaf).

Note:* This product is not intended to diagnose, treat cure or prevent any disease.
If you are pregnant, breastfeeding, or on a special, health related diet, consult your healthcare professional before using this or any new product.
Discontinue use if adverse reaction occurs.