

Osteo·Matrix

A blend of buffered magnesium bis-glycinate, vegan vitamin D3 and soy-free MK-7 vitamin K2 to support bone health and optimal calcium regulation.

Each capsule contains:

Magnesium	125mg
TRAACS® magnesium bis-glycinate chelate buffered (magnesium bis-glycinate chelate, magnesium oxide)*	
Vitamin D3 (cholecalciferol)	500IU (12.5mcg)
Vitamin K2 (menaquinone-7, K2VITAL®)**	60mcg



*Mineral chelate supplied by Albion Laboratories, Inc. TRAACS® and the Albion Gold Medallion design are registered trademarks of Albion Laboratories, Inc. Chelate covered by U.S. Patent 7,838,042.

K2VITAL® **K2VITAL® is the registered trademark of Kappa Bioscience AS.

90 Vegetable Capsules

Vegan. GMO, gluten, soy and dairy free.



Although calcium has been the leading mineral for bone health for decades, it's time to widen the lens when it comes to the prevention and treatment of osteopenia and osteoporosis. More recent evidence has elucidated the critical roles of other key minerals and vitamins for optimal bone mineral density. Specifically, **magnesium, vitamin D3 and vitamin K2** are shown to each be beneficial for bone health in various human clinical trials.

These three nutrients have unique and interconnected relationships that support calcium regulation and bone growth. For example, **vitamin D3** is needed for calcium absorption from the digestive tract, while **magnesium** is needed to activate enzymes related

to vitamin D3 metabolism. In fact, individuals that are magnesium-replete are much less likely to be vitamin D3 deficient. **Vitamin K2**, on the other hand, is crucial for the proper distribution of calcium into the skeletal system and away from the cardiovascular system. It does this through its ability to activate two proteins, osteocalcin and matrix-GLA protein, thereby shunting calcium in the proper direction. As you can see, a deficiency in any one of these nutrients can disrupt the overall balance in the body and have a negative impact on bone health.

Cyto·Matrix's **Osteo·Matrix** provides a blend of magnesium bis-glycinate chelate and magnesium oxide. This magnesium bis-glycinate blend is designed to offer

Key points

- Purposefully formulated without calcium to allow for a tailored and adjustable calcium to magnesium ratio
- 125mg of elemental magnesium delivered in a well-absorbed and well-tolerated buffered bis-glycinate chelate
- 500IU of vegan vitamin D3 per capsule
- 60mcg of vitamin K2 per capsule, as K2Vital, a microencapsulated MK-7 material

a high-dose of elemental magnesium in a well-absorbed and well-tolerated form that is superior to magnesium salts. **Vitamin D3** is delivered in a vegan-friendly form, sourced from the blue-green algae known as lichen. **Vitamin K2** is found as **K2Vital**, a patented non-soy derived MK-7 that is microencapsulated with a starch bilayer for superior protection and stability.

This formula purposefully excludes calcium. **Osteo•Matrix** is ideal for practitioners and patients that want to avoid supplementary calcium or have medical reasons to be concerned about excess calcium intake. For individuals that do choose to supplement their diet with calcium separately, **Osteo•Matrix** allows for a tailored and adjustable calcium to magnesium ratio.

Related products

K2•D3

K2•D3 Matrix Liquid

K2•D3 Matrix Softgels

Cal•Mag + Vitamin D3 Liquid

Mag Matrix Liquid

Magnesium Bis-glycinate 200mg

Magnesium Bis-glycinate Liquid 300mg

Magnesium Bis-glycinate Powder 400mg

Non-Medicinal Ingredients: Vegetable-grade magnesium stearate, microcrystalline cellulose, dextrin, sucrose (12mg from sugar beet), acacia gum, corn starch, medium chain triglycerides from coconut and palm, tricalcium phosphate.
Capsule: hypromellose.

Indications: Helps to build strong bones and teeth, maintain proper muscle function and maintain immune function. Helps in the absorption and use of calcium and phosphorus. Calcium intake, when combined with sufficient Vitamin D, a healthy diet and regular exercise may reduce the risk of developing osteoporosis.

Directions: Adults - Take 2 capsules per day or as directed by a healthcare professional.

Warnings: Do not use if safety seal is broken. Consult a healthcare professional prior to use if you are taking blood thinners.