



Manufactured by Life Force®
Poway, CA 92064, USA
(800) 531-4877 • www.lifeforce.net

OsteOmegaCare®

Creamy Vanilla

Product Name: OsteOmegaCare® Vanilla,
32 fl. oz. (960ml)

Item No: 50019, single bottle.
Available in other quantities.

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

Benefits and Features:

OsteOmegaCare products were designed not only to promote strong bones and teeth, but also to support healthy nervous and cardiovascular systems.

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 of every membrane of every cell in the body. They must be obtained from a food source or a food supplement because the body cannot produce omega-3 and 6 on its own.

- They are "good fats" that together:
 1. make up a very large part of the brain's active tissues
 2. contribute to reduction of cholesterol and triglycerides
 3. prevent blood cells from conglomerating
 4. are necessary for absorption of fat-soluble vitamins like A, D, E and K
 5. help reduce inflammation and swelling
 6. maintain proper kidney function and fluid balance

Inulin (Oligo-fiber) :

- Boosts calcium absorption, which is important to building and maintaining strong bones
- Stimulates the growth probiotics; beneficial intestinal bacteria

Calcium :

- Regulates the transportation of ions across cellular membranes and is particularly important in nerve transmission
- Is required for muscle contractions throughout the entire body and therefore the regulation and maintenance of our heartbeat
- Plays an important role in blood clotting
- Maintains collagen, the glue that holds cells together

Vegetarian Glucosamine:

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

L-Carnitine:

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

Vitamin D3:

- Promotes 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.

Color: Off White

Texture: Viscose liquid

Flavor/Taste: Vanilla

Servings per container: 64

Storage/Shelf life:

- **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 the best benefits use within 90 days after opening. Refrigerate after opening.

Recommended Daily Intake: Drink 2 Tbsp. (30 ml) 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.

General: All of Life Force International products are manufactured following cGMPs in compliance with the US Food and Drug Administration's cGMPs Regulations (21 CFR 110).

Keep out of reach of children. Pregnant or lactating women should consult their healthcare professional prior to using any new product. Satisfaction guaranteed.



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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	1%
Saturated Fat 0 g	0%
Dietary Fiber 2 g	6%*
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) 70 mcg	50%
Magnesium (as magnesium hydroxide) 300 mg	80%
Zinc (as zinc gluconate) 2.5 mg	15%
Selenium (as sodium selenite) 90 mcg	130%
Copper (as copper gluconate, USP) 0.5 mg	25%
Manganese (as manganese gluconate) 2.5 mg	130%
Chromium (as chromium chloride (6-H ₂ O)) 90 mcg	80%
Molybdenum (as sodium molybdate) 25 mcg	50%
Chloride (as potassium chloride) 30 mg	<2%
Potassium (as potassium chloride) 30 mg	<2%
Boron (as sodium borate) 25 mcg	†
Glucosamine hydrochloride (vegetarian source) 90 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.	
† Daily Value not established.	



Other Ingredients: Purified Water, Glycerin (Vegetable source), Organic Flax Oil, Natural Vanilla Flavors, Xanthan Gum, Montmorillonite, and Purified Stevia Extract (Leaf).

*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.