



AquaSource Osteo-Forte

Vital Bone and Joint Nutrition Optimised for Maximum Absorption

Maintaining healthy bones and joints is important at any age, but especially as we age. In addition to lifestyle and appropriate exercise, good nutrition plays a vital role in bone and joint health – even more so as we grow older.

AquaSource Osteo-Forte, a certified Vegan product, contains a well-researched range of nutrients that synergistically help support bone and joint health. Just as important, the ingredients in Osteo-Forte are optimised for maximum absorption because, as we age, our bodies tend to be less efficient at absorbing certain nutrition.

Important Nutrition for Women

Osteo-Forte is a popular supplement for women, as bone and joint health issues are common with age, especially at the menopausal time. Bone weakness is the world's most common bone disorder. Although both men and women can get weak bones, it is much more common in women, with the World Health Organization estimating that 50% of all women worldwide will develop bone health disorders.

What is Bone Health Disorder?

Weak bones are a health issue in which, over time, a person's bone mass is lost faster than it can be replaced. This results in bones that are weak, less dense and more likely to break. It most often occurs in women around the menopausal time of their lives, as metabolic changes affect the amount and type of nutrition women need to maintain healthy bones and joints.

Risk factors for bone health issues include poor nutrition, family history, smoking, premature menopausal symptoms, low level of physical activity, long-term steroid use and weight management issues.

Key Selling Points

- ✓ Highly absorbable Calcium from Organic Calcareous Red Algae.
- ✓ Formulated to maximise nutritional absorption.
- ✓ Magnesium from nutrient-rich Organic Sea Lettuce.
- ✓ Vitamin D ethically sourced from organic mushrooms.
- ✓ Includes Vitamin K2VITAL® Delta form of K2 with up to 20% more assimilation.
- ✓ Ionic minerals and digestive enzymes to also aid absorption.
- ✓ Also contains our own AquaSource Organic Algae Superfood.
- ✓ Vegan Society Approved.



Nutrition & Bone Health

Nutrition can play a major role in maintaining healthy bones at any age. Researchers have identified seven important nutrients for bone health: Calcium, Magnesium, Vitamin D, Vitamin C, Vitamin K, Zinc and Boron.

There are two forms of calcium; carbonate and citrate. Calcium carbonate is basically chalk. Calcium citrate is from plants and is much more absorbable than calcium carbonate.

Vitamin D and Magnesium work together. Vitamin D is responsible for calcium absorption. It transports calcium across the wall of the intestines and helps to move both calcium and phosphorus into the bones. Magnesium helps to convert Vitamin D to its active form so that calcium can be absorbed. In addition, there is new research that indicates proper levels of Vitamin D may be more important than calcium.

Vitamin C is important to the production of collagen, which makes up 90% of the bone matrix.

Vitamin K helps the body manufacture osteocalcin, which hardens and strengthens bones.

Boron helps convert Vitamin D to its active form.

Zinc is needed for the proper formation of osteoclasts and osteoblasts. In simple words, an osteoblast builds the bone, whereas an osteoclast eats up the bone so that it can be reshaped into a stronger load-bearing structure.

Essential fatty acids are also necessary to increase the absorption of calcium from the digestive system and reduce the excretion of calcium in urine.

Certain digestive enzymes are also necessary to help maximise absorption of nutrients. These include Protease, Amylase and Lipase.

All of these nutrients are purposely combined in AquaSource Osteo-Forte.

AquaSource Osteo-Forte Provides Optimal Support

Specially formulated by AquaSource, Osteo-Forte contains a well-researched range of nutrients that synergistically help support bone and joint health. Vegan Society approved, AquaSource Osteo-Forte is packed with over 90% organic ingredients that provide an optimised range of nutrients and co-factors as you age. And again, it is important to emphasise that the ingredients are optimised for maximum absorption. This is an important advantage.

Key ingredients include:

Magnesium (from Ulva sp. Organic Sea Lettuce)

Organic Sea Lettuce is a light green seaweed which can be found worldwide. It is one of the most nutritionally dense seaweeds available - rich in essential fatty acids, polysaccharides, vitamins, minerals and other nutrients. Organic Sea Lettuce is especially rich in magnesium, which contributes to normal muscle function, the maintenance of normal bones and to the reduction of tiredness & fatigue.

Calcium (from Organic Calcareous Red Algae Lithothamnion)

Calcium as a nutritional supplement comes in two forms; Calcium Carbonate (basically chalk) and Calcium Citrate, which is plant-based. Calcium Citrate is about 30% more absorbable than Calcium Carbonate, making it a more efficient and effective form of calcium.



Organic Calcareous Red Algae (Lithothamnion) is harvested under an exclusive licence in the cool, clean and pristine waters off the coast of Iceland. In an area untouched by international shipping and industry. In this region the warm waters of the Gulf Stream meet the cold clean waters of the Arctic thus providing the perfect conditions for deposits of Lithothamnion to grow. Our harvester exceeds the highest international standards to ensure that the material is harvested in a sustainable manner and that this precious resource is protected for future generations. An extensive quality control programme ensures traceability, quality, and consistency for each batch. It is an easily absorbable source of calcium and 74 other essential trace marine minerals beneficial for human nutrition.

Vitamin D - Vitamin D is a fat-soluble vitamin that promotes the absorption of calcium, supports normal bone growth and plays a role in supporting the immune function. Your skin produces Vitamin D when exposed to sunlight. However, if you spend most of your time indoors or live in a location with less sunlight, a supplement may be essential to maintain health.

AquaSource Osteo-Forte uses Vitamin D2, the plant-based form of Vitamin D. In this application, it is ethically sourced from organic mushrooms.

Vitamin K2 - Vitamin K activates proteins that play a role in blood clotting and heart health. But one of its most important roles is to help regulate calcium deposition, promoting the calcification of bones.

Vitamin K comes in two forms; K1 and K2. Vitamin K1 (phylloquinone) is found in plant foods like leafy greens. Vitamin K2 (menaquinone) is found in animal foods and fermented foods.

Osteo-Forte, as a Vegan formula, uses the K2VITAL® Delta form of K2 with up to 20% more assimilation. This unique double microencapsulation process offers the best possible protection against the harshness of certain minerals.

K2VITAL® is the purest, most active and proven safe Vitamin K2. It helps ensure calcium reaches the bone mass and helps reduce the risk of arterial calcification, making it an essential vitamin to support bone and cardiovascular health.

Ionic Minerals - Zinc and Boron are included in ionic mineral form. Ionic minerals are metallic ions that have completely dissociated from their naturally occurring compounds, making for more effective absorption. Zinc helps strengthen bones and supports your immune system and contributes to normal metabolism. Boron helps support normal bones and joints.

Amylase - An enzyme that breaks down starch, converting it into sugar. Starch naturally contains glucose. Amylase breaks up and separates the various bonds within starch, extracting the sugar so that it can be used by the body.

Lipase - A water-soluble enzyme that helps break down fats so they can be absorbed by the intestines.

Protease - Helps with digestion to break down and digest protein into amino acids.

AquaSource Organic Algae Superfood - Our own AquaSource Organic Algae Superfood is an extremely rich and pure source of key nutrients, comprising over 60% protein. It is high in Beta Carotene, a valuable antioxidant, as well as Vitamin B12. It is an excellent source of iron and other essential minerals. AquaSource Organic Algae is from nature - NOT from a synthetic source. It is fully digestible and highly assimilable.



Combine Osteo-Forte with our Organic Vitamin D and Fatty Acid Complex for a Super Trio of Bone & Joint Support!

You can combine Osteo-Forte with Organic Vitamin D and Fatty Acid Complex to maximise support.

AquaSource Organic Vitamin D

AquaSource combines Organic Vitamin D from organic mushroom powder with Calcium from Organic Calcareous Red Algae, not mineral chalk. Organic alfalfa is added for fibre and minerals giving extra nutrition. Together they help to support bone health, strong teeth, improved immunity, and muscle function. Calcium also contributes to energy, neurotransmission, and the normal function of digestive enzymes.

AquaSource Fatty Acid Complex

Polyunsaturated fatty acids are essential for maintaining a healthy heart, joints, skin and many other body functions, including good metabolism. Modern lifestyle doesn't always permit you to get what you need through food alone.

Our mixed oil blend contains the optimal ratio of Omega 6 to Omega 3 as specified by research to support heart health. It is also a good source of Omega 9.

Our Fatty Acid Complex is a great way to ensure you are receiving proper fatty acid nutrition.



For full nutritional information on all AquaSource products (ingredients, directions, allergens and any warnings, if applicable), please see our website www.aquasource.net

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