



MÉDERI
NUTRICIÓN INTEGRATIVA
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OSTE-ON



Description: Food supplement based on minerals, vitamins, plant extracts, myoinositol and melatonin.

Directions for use/recommended dose: Take six (6) tablets per day divided into two (2) or three (3) doses, preferably before meals, with half a glass of water (125 mL), or as recommended by a professional.

Presentation: Bottle of 180 tablets of 1,490 mg.

Composition: Coral calcium powder, bulking agent (microcrystalline cellulose), magnesium bisglycinate (microcrystalline cellulose), myoinositol, dry extract of aerial parts of Horsetail (*Equisetum arvense*, 7% silica), PureWay-C® (ascorbic acid (vitamin C), fatty acids and citrus bioflavonoids), dry extract of *Polygonum cuspidatum* root (95% transresveratrol), dry extract of Ginseng root and leaves (*Panax ginseng*, 30% ginsenosides), AquaPolish® F Clear 099.28 MS (coating agent: hydroxypropyl methylcellulose, anti-caking agents: microcrystalline cellulose and stearic acid), zinc citrate, anti-caking agents: magnesium stearate and AEROSIL® 200 F (silicon dioxide), sodium borate, menaquinone (vitamin K), nicotinamide (niacin), cholecalciferol (vitamin D), manganese citrate, pyridoxine hydrochloride (vitamin B6), retinyl acetate (vitamin A), copper citrate, bulking agent (dicalcium phosphate), melatonin and sodium selenite.

Storage conditions: Keep the container closed in a dry and cool place.





Ingredients	6 tablets	% NRV*
Coral calcium powder	2,400.00 mg	
- Of which: calcium	840.00 mg	105.00 %
Magnesium	300.00 mg	80.00 %
Myo-inositol	1,050.00 mg	
Dry extract of Horsetail aerial parts	600.00 mg	
- Of which: silica	42.00 mg	
Vitamin C	300.00 mg	375.00 %
Dry extract of <i>Polygonum cuspidatum</i> root	315.78 mg	
- Of which: trans-resveratrol	300.00 mg	
Dry extract of Ginseng root and leaves	180.00 mg	
- Of which: ginsenosides	54.00 mg	
Zinc	24.00 mg	240.00 %
Niacin	30.00 mg NE	187.50 %
Vitamin B6	12.00 mg	857,14 %
Boron	6.00 mg	
Manganese	6.00 mg	300.00 %
Melatonin	1.89 mg	
Copper	3,00 mg	300.00 %
Vitamin A	1,800.00 µg RE	225.23 %
Vitamin K	90.00 µg	120.00 %
Vitamin D	75.00 µg	1,500.00 %
Selenium	60.00 µg	109.09 %

*NRV: Nutrient Reference Value for vitamins and minerals.

Warnings: Do not exceed the expressly recommended daily dose. Food supplements should not be used as a substitute for a varied diet. Keep out of reach of younger children. Not recommended in people under antidiabetic treatment.

Properties and possible applications:

Equisetum arvense (Horsetail) can help to remineralise the body.

Panax ginseng helps to counteract fatigue and contributes to natural defences and the proper functioning of the immune system.

Magnesium helps reduce tiredness and fatigue, contributes to normal energy metabolism, normal functioning of the nervous system and muscles, and the maintenance of bones under normal conditions.

Zinc contributes to the maintenance of bones under normal conditions, to the normal functioning of the immune system, to the protection of cells against oxidative damage and to the process of cell division.

Copper contributes to the maintenance of connective tissue under normal conditions, to normal energy metabolism, to the normal functioning of the nervous system, to the normal functioning of the immune system and to the protection of cells against oxidative damage.

Selenium contributes to the normal functioning of the immune system and to the protection of cells against oxidative damage.

Manganese contributes to normal energy metabolism, the maintenance of bones under normal conditions, the normal formation of connective tissue and the protection of cells against oxidative damage.