



Life Force[®]
INTERNATIONAL

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

OsteOmegaCare[®]
Creamy Vanilla

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

Item No: 50019

Characteristics: A 100% vegetarian liquid calcium/mineral supplement formulated to provide an easily absorbed and good tasting source of calcium, along with magnesium, Vitamin D, 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); Good Fats (Omega Oils):

- Derived from the richest vegetable source of omega 3 EFA's - Organic flaxseed oil that contains a perfect ratio of (4:1) Omega-3 to Omega-6.
- 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 essential fatty acids (Omega-3 and 6) on its own.
- **They are "Good Fats" that together:**
 1. Form the membrane of the billions of cells in our bodies
 2. Make up a very large part of the brain's active tissues
 3. Contribute to reduction of cholesterol and triglycerides
 4. Prevent blood cells from conglomerating
 5. Are necessary for absorption of fat soluble vitamins like A, D, E and K
 6. Help reduce inflammation and swelling
 7. 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 of beneficial intestinal bacteria (probiotics). Probiotics are guardians of Intestinal system.

Calcium :

- Regulates the transport 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 natural 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 and reduce inflammation.

L-Carnitine:

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

Vitamin D:

- Indispensable for the absorption of calcium across the intestinal wall of cell membranes.

Color: Light yellow to beige. Discoloration may occur after opening. This does not alter its effectiveness.

Flavor/Taste: Vanilla

Texture: Viscose liquid

Recommended Daily Intake: Take 1 Tablespoon (15 ml) twice a day. Note: During initial use, if experiencing intestinal cleansing or a loose stool, reduce consumption by half and slowly increase to recommended amount.

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 40 days after opening. Refrigerate after opening.

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).

Guaranteed analyses:

Microbiology	Maximum
E.coli MPN/g	<3 (Negative by test)
CP Staph/g	<10 (Negative by test)
Salmonella/25 g (ELI)	Negative by test
Listeria monocytogenes/25g (ELI)	Negative by test

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 10	
Total Carbohydrate 3 g	1%*
Total Fat 1 g	1%
Saturated Fat 0 g	0%
Dietary Fiber 2 g	6%*
Inulin 780 mg	†
Polyunsaturated Fat 1 g	†
Omega-3 600 mg	†
Omega-6 150 mg	†
Monounsaturated Fat <0.5 g	†
Omega-9 180 mg	†
Vitamin D3 (as cholecalciferol) 200 IU	50%
L-Carnitine (vegetarian source) 60 mg	†
Calcium (as calcium carbonate/and calcium orotate) 600 mg	60%
Iron (as iron gluconate) 2.5 mg	13%
Iodine (as potassium iodide) 75 mcg	50%
Magnesium (as magnesium hydroxide) 300 mg	75%
Zinc (as zinc gluconate) 2.5 mg	16%
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) 100 mcg	130%
Chloride (as potassium chloride) 50 mg	1%
Potassium (as potassium chloride) 50 mg	1%
Boron 25 mcg	†
Glucosamine hydrochloride (vegetarian source) 100 mg	†
Stevia (leaf extract) 10 mg	†
Vanadium (as vanadium 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), Xylitol, Inulin, Organic Flax Oil, Natural Vanilla Flavors, Cellulose, and Montmorillonite.



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