



Manufactured by Life Force®  
495 Raleigh Ave. El Cajon, CA 92020  
(800) 531-4877 • www.lifeorce.net

# OsteOmegaCare®

Creamy Vanilla

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

**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. It also contains magnesium, Vitamin D3 and other supporting nutrients in ideal ratios

**Benefits and Features:** OsteOmegaCare was 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 for the membranes of every cell in the body. The body cannot produce omega-3 and 6 on its own, so they must be obtained from a food source or a food supplement.

- 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. Help the body absorb 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 of probiotics which are 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:** Viscous liquid

**Flavor/Taste:** Vanilla

**Servings Per Container:** 64

**Storage/Shelf Life:** When stored as directed and product is kept in its original packaging:

- **Unopened:** Shelf stable for 12 months.
- **Opened:** For best results use within 90 days. Refrigerate after opening.

**Suggested Use:** Take 1 tbsp. (15 mL) twice a day. Shake well before use.

**Note:** During initial use, if experiencing intestinal cleansing or loose stool, reduce consumption by half and slowly increase to recommended amount.

**General:** All Life Force International products are manufactured following cGMPs in compliance with the US Food and Drug Administration's cGMP Regulations (21 CFR 111).

Keep out of reach of children. Pregnant or lactating women should consult their healthcare professional prior to use. 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	2%
Saturated Fat 0 g	0%
Dietary Fiber 2 g	8%*
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) 75 mcg	50%
Magnesium (as magnesium hydroxide) 300 mg	75%
Zinc (as zinc gluconate) 2.5 mg	15%
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) 25 mcg	30%
Chloride (as potassium chloride) 30 mg	<2%
Potassium (as potassium chloride) 30 mg	<2%
Boron (as boron citrate) 25 mcg	†
Glucosamine Hydrochloride (vegetarian source) 100 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.	
† DV not established.	

**Other Ingredients:** Purified Water, Glycerin (Vegetarian Source), Natural Vanilla Flavors, Orotic Acid, 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.