

## Osteo-guard® Plus Ipriflavone

### DESCRIPTION

Osteo-guard® Plus Ipriflavone, provided by Douglas Laboratories®, combines ipriflavone, a flavonoid isoflavone, with calcium from microcrystalline calcium hydroxyapatite compound (MCHC) prepared from whole bovine bone, and magnesium from an amino acid complex. Osteo-guard® Plus Ipriflavone also provides phosphorus trace minerals, bone matrix proteins, amino acids, and glycosaminoglycans in their natural forms.

### FUNCTIONS

Bone is constantly turning over, a continuous process of formation and resorption. In normal aging, there is a gradual loss of bone. Ipriflavone helps promote bone density by inhibiting bone resorption.† Numerous studies of postmenopausal women and individuals whose bones are showing signs of demineralization have investigated the benefits of ipriflavone on bone health. Laboratory and clinical studies have documented ipriflavone’s positive effect on bone density. †

Osteoclasts and osteoblasts are two primary types of bone cells. Osteoblasts, the more exterior cells, are responsible for bone mineralization. Osteoclasts, found beneath the osteoblasts, are responsible for bone resorption. Experts agree that ipriflavone appears to directly inhibit osteoclast activity, thereby decreasing bone resorption. † Scientists suspect ipriflavone may also stimulate osteoblast activity. † Since osteoblasts are responsible for laying down new bone, an increase in osteoblast activity may result in increased bone mineralization. This suggests Ipriflavone may not only inhibit the breakdown of existing bone, but also encourage the formation of new bone. †

In women, bone loss is generally accelerated following menopause. Ipriflavone, together with adequate calcium, vitamin D, vitamin K, and other key nutrients involved in bone health, offers non-estrogenic protection against excessive bone resorption.† Unlike other well-known isoflavones, such as genistein found in soy foods, ipriflavone does not have estrogenic activity and can be safely used in conjunction with natural phytoestrogens or with hormone replacement therapy (HRT). †

### INDICATIONS

Osteo-guard® Plus Ipriflavone may be a useful dietary supplement for anyone who wishes to increase their intake of calcium, magnesium and other nutritional factors for maintaining good bone health.

### FORMULA (#OSG-IP)

Two tablets contain:

Calcium (microcrystalline Hydroxyapatite) .....	300 mg
Phosphorus (microcrystalline Hydroxyapatite) .....	144 mg
Magnesium (amino acid chelate/oxide complex) .....	125 mg
Ipriflavone .....	300 mg
Vitamin D3 (cholecalciferol).....	200 I.U.
Vitamin K1 (phytonadione).....	100 mcg
Boron (aspartate-citrate) .....	0.25 mg
Other ingredients: Cellulose, calcium carbonate, dicalcium phosphate, croscarmellose sodium, vegetable stearate, silica, Coating ingredients: water, polyethylene glycol, magnesium silicate, (poly) ethenol, and polysorbate 80	

### SUGGESTED USE

Adults take two tablets daily with food or as directed by a healthcare professional.

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### SIDE EFFECTS

No adverse side effects have been reported.

### STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

### REFERENCES

Lanham-New S. Importance of calcium, vitamin D and vitamin K. The Proceedings of the Nutrition Society [serial online]. May 2008;67(2):163-176.

Zhang X, Li S, Du J, et al. Gynecological Endocrinology: The Official Journal Of The International Society Of Gynecological Endocrinology [serial online]. February 2010;26(2):76-80.

Petilli M, Fiorelli G, Benvenuti S, Frediani U, Gori F, Brandi ML. Interactions between ipriflavone and the estrogen receptor. Calcif Tissue Int 1995;56:160-5.

**For more information on Osteo-guard® Plus Ipriflavone visit [douglaslabs.com](http://douglaslabs.com)**

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

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