



OSTEOBEN™

MEDICAL FOOD

for the dietary management of osteoporosis and osteopenia

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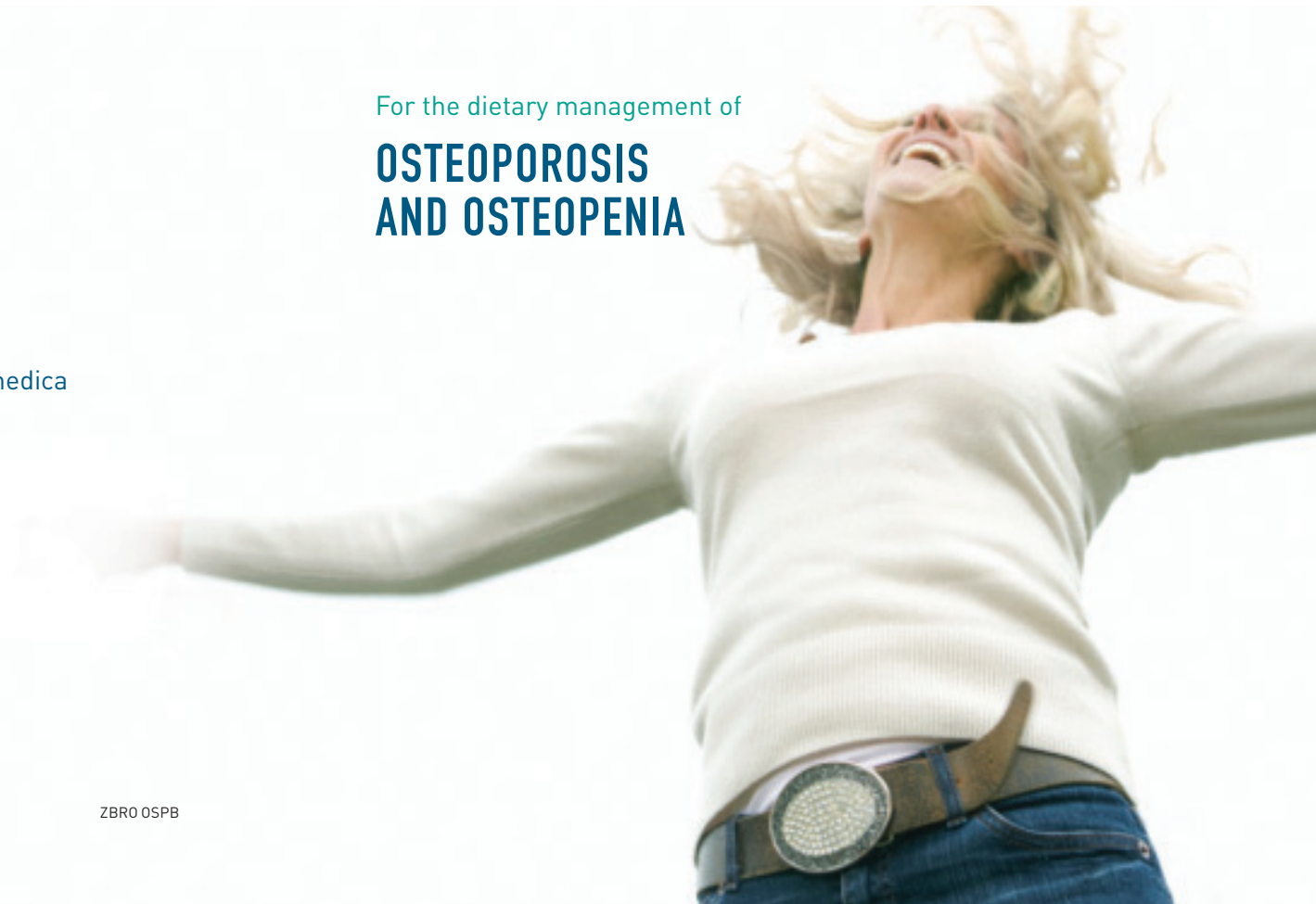
medical foods by designs for health

www.designsforhealth.com/sitomedica

980 South Street
Suffield, CT 06078
1-800-847-8302

For the dietary management of

**OSTEOPOROSIS
AND OSTEOPENIA**



WHAT IS OSTEOPOROSIS?

Osteoporosis, which literally means **porous bones**, is a disease where bones lose their density and become fragile. With osteoporosis, there is a decline in the body's **bone remodeling** process, where bone breakdown progresses faster than bone buildup. The end result is that your bones become brittle and weak, putting you at a much higher risk of fractures from either a simple fall or sometimes just from innocently bumping into something. While any bone can be affected, bones in the spine, hip, and wrist are most susceptible.



8 MILLION WOMEN SUFFER FROM OSTEOPOROSIS

- Osteoporosis is most common in postmenopausal women
- A woman's risk of hip fracture is equal to her risk of breast, ovarian and uterine cancer combined



2 MILLION MEN SUFFER FROM OSTEOPOROSIS

- Men over 50 years old are more likely to break a bone due to osteoporosis than to get prostate cancer

- Approximately half of women and one-fourth of men aged 50 years or older will suffer an osteoporosis-related fracture within their lifetime
- Men over 50 years old are more likely to break a bone due to osteoporosis than to get prostate cancer

RISK FACTORS FOR BONE LOSS

⊗ Non-Modifiable

- History of adult fracture
- History of fracture in a relative, especially maternal hip fracture
- Female
- Age (being over 50)
- Caucasian
- Dementia

✓ Modifiable

- Estrogen deficiency
- Low body weight (being small/thin)
- Low calcium/vitamin D intake
- Smoking
- Excessive alcohol intake
- Recurrent falls
- Low physical activity
- Specific medications (e.g., antacids, steroids, thyroid hormones in excess)

OSTEOBEN™: A MEDICAL FOOD FOR BONE LOSS

A MEDICAL FOOD FOR BONE LOSS

A medical food is an FDA regulated category of products intended for the dietary management of a disease or condition that has distinct nutritional requirements. Unlike drugs, the ingredients in medical foods must be Generally Recognized as Safe (GRAS). Typically, medical foods are not associated with negative side effects that are commonly seen with drugs.

OSTEOBEN™

OSTEOBEN™ is a complete bone building formula. It provides all the key bone building nutrients in one product, so there is not need for any additional supplements.

Unique, scientifically proven ingredients in OSTEOBEN™

- **Genistein** is a natural compound from plants that acts like a mild, safe form of estrogen in the body.
 - Protects against bone loss
 - Significantly decreases the number and severity of hot flashes
 - No adverse side effects
- **MBP®** (milk basic protein) is a natural protein found in trace amounts in human and bovine milk
 - Increases bone mineral density
 - Increases the number of bone-forming cells, called osteo-blasts
 - Reduces markers of bone loss
- **Calcium, Magnesium & Zinc**
 - Essential to bone health
 - For most people, dietary intake is inadequate
- **Vitamin K2**
 - Stimulates the mineralization of bone
 - Reduces incidence of bone fractures
 - Helps keep calcium in the bones and out of the arteries
- **Vitamin D3**
 - Protects against bone loss
 - Required for absorption of calcium
 - 90% of women are vitamin D deficient

OSTEOBEN™ BENEFITS

- **All-in-one** bone building formulation
- **Increases** bone mineral density
- **Reduces** frequency and severity of hot flashes
- **Safe** for breast, uterus and cardiovascular system
- **No side effects** on endometrial thickness or vaginal mucosa

We all need strong bones to carry us through a long and healthy life.

Don't take chances. Take Osteoben™.