



Experience the Liquid Difference

OsteOmegaCare[®]

Calcium/Mineral Blend with Essential Fatty Acids/Omega 3, 6 & 9 (Flax Seed Oil) & Glucosamine

NEW
Creamy Vanilla or
Delicious Chocolate

OsteOmegaCare is a comprehensively balanced liquid Calcium/Magnesium blend with Vitamin D, Zinc and more. The ingredients are scientifically combined and proportioned for optimal calcium absorption & utilization.

Background

OsteOmegaCare was developed by formulators who recognized the value of a convenient, comprehensive and balanced liquid nutrition. They recognized the modern diet and busy lifestyle does not include and often does not allow for the USDA recommended 6-11 servings of whole grains and 5-9 servings of fresh fruits and vegetables each day. In addition, processed foods, colas, coffees, preservatives and other negative factors in today's diet and environment often lead to toxic build-up in our cells. Originally these products were available only through doctors and healthcare professionals produced, manufactured and distributed by "Doctor's Signature." In 1995, Life Force International (LFI) was created to bring the benefits of their products to people worldwide. Customers' accolades, referrals and re-orders are the greatest compliment and direct referral marketing continues to drive LFI's success.

Calcium Basics

- Calcium is important not only for strong bones and teeth and the maintenance of healthy gums, but also for the maintenance of a regular heartbeat, healthy muscles, and the secretion of hormones & enzymes.
- Calcium is particularly important in nerve transmission, and plays a significant role in weight control.
- A 2006 study with published data from the Nurses Health Study in the journal Diabetes Care (2006, Vol. 29, pp. 650-656), indicates that high intake of calcium in combination with Vitamin D, particularly from supplements, may lower the risk of type II diabetes by 33%.*
- Studies link calcium & Vitamin D to reduced PMS, Blood Pressure and Cholesterol.

Magnesium Basics

Most people are not aware of the importance of magnesium. For example, it activates over 300 different biochemical reactions, all necessary for proper cellular function and it regulates calcium, potassium, and sodium. Magnesium controls digestion, energy production, muscle function, bone formation, creation of new cells, activation of B vitamins, relaxation of muscles, the functioning of the heart, kidneys, adrenals, brain, and the nervous system.

Essential Fatty Acids/Omega Basics

They are known to regulate response & discomfort, prevent blood cells from conglomerating and are essential for the absorption of fat soluble vitamins (A, D, E & K). Most importantly, omegas assist in maintaining proper kidney function, and body fluid balance. They play a crucial role in brain function as well as normal growth and development. They are highly concentrated in the brain and appear to be particularly important for cognitive and behavioral function.

Calcium/Magnesium Deficiencies Exposed

Insomnia, Fatigue, Body Tension, Headaches, Heart-Disorders, Low Energy, High Blood Pressure, Muscle Tension, Backaches, Constipation, Kidney Stones, Osteoporosis, Accelerated Aging, Depression, Irregular Heartbeat, Anxiety, Muscle Cramps or Spasms, and Irritability are all linked to mineral deficiency

Why Most People Prefer our Calcium Over Others, and Send Referrals

Highly Absorbable Liquid (vs. pills & capsules) - Absorption begins in the mouth so no breakdown is needed. Calcium Orotate is one of the most absorbable forms of calcium. Attached to a charged amino acid the nutrients are instantly absorbed beyond the intestinal track.

Convenient - Glucosamine & Essential Fatty Acids Added - Large calcium, glucosamine & essential fatty acid pills/gels which need to be taken several times a day - eliminated. Glucosamine has been clinically shown to increase the body's ability to produce healthy cartilage, thus creating healthier more flexible and comfortable joints. Essential Fatty Acids (EFAs) have been shown to help reduce cholesterol & triglycerides, prevent blood from conglomerating, reduce inflammation and swelling, and produce healthy neurological function. A simple once or twice a day dose.

Value - Comprehensive Mineral Blend and Glucosamine & Essential Fatty Acids Added - Sophisticated, balanced blend of nutrients (including magnesium, boron, vitamin D3, zinc and copper) specifically formulated for optimal absorption and maximum calcium utilization with the added benefit of glucosamine and essential fatty acids. Much more valuable than just a calcium product. Extremely value priced!

Evaluation, Expectations & Experiences

A minimum 30 day evaluation is recommended. Most customers report noticing a difference within 30 days. At Nutrition First our wellness philosophy is: "When the body gets what it needs, it then has the opportunity to address its health challenges". Each person is unique, and each person's body responds to nutritional supplements differently and to varying degrees. Some customers report profound results. Many notice "The Liquid Difference" within two weeks.

Instructions

- Shake before using
- Refrigerate after opening
- 1 oz. per day with food. 1/2 oz. (1 Tbs.) in the morning and 1/2 oz. (1 Tbs.) in the evening is ideal
- Always take with food. If taken on an empty stomach you may experience a loose stool.
- During initial use, if experiencing intestinal cleansing or a loose stool, reduce by half and slowly increase to recommended amount

Nutrients

Nutrients	Amount/per Oz.	%RDI
D3 (as cholecalciferol)	400 IU	100%
Calcium (as orotate and carbonate)	1200 mg	120%
Chloride (as potassium chloride)	50 mg	1%
Copper (as gluconate)	1 mg	50%
Boron	50 mcg	*
Glucosamine Hydrochloride	200 mg	*
Iron (as iron gluconate)	5 mg	27%
Iodine (as potassium iodide)	150 mg	100%
L-Cartinine	60mg	*
Magnesium(as hydroxide)	600 mg	150%
Manganese (as gluconate)	5 mg	250%
Molybdenium(as sodium molybdate)	100mg	260%
Omega-3	1200 mg	*
Omega-6	300 mg	*
Omega 9	360 mg	*
Potassium (as potassium chloride)	100 mg	2%
Selenium(as sodium selenite)	200 mcg	280%
Stevia	20mg	*
Vanadium (as sulfate)	100 mcg	*
Zinc (as gluconate)	5 mg	35%

* U.S. RDI (Recommended Daily Intake) not established.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

OsteoOmegaCare customers also enjoy these products:



Body Balance - Over 121 Plant Source Vitamins, Minerals, Enzymes, Essential Fatty Acids, & Amino Acids

FlexeoPlus - Glucosamine/MSM Blend for Cartilage Regeneration and Joint Support



www.nutrition-first.com • 908-496-4530 • Ask for Tara

Please share this information with someone you care about and invite them to "Experience The Liquid Difference."