

OsteoFriend®: Product Overview & Comparison

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OsteoFriend® Product Overview

OsteoFriend® is an advanced formula to support bone health for adults of all ages, especially perimenopausal and postmenopausal women. Developed by expert nutritionists, OsteoFriend® contains 19 active ingredients, providing the nutrients and co-factors for optimal bone and joint health.

OsteoFriend®, which can be taken alongside DR.VEGAN's award winning range of supplements, provides the essential nutrients to build bone mass, enhance nutrient absorption into bones, and ensure nutrients are effectively delivered into the bone tissue.

OsteoFriend® targets 7 biological pathways typically impaired in those experiencing loss of bone mass, providing targeted support. Suitable for adults of all ages to help prevent bone loss, or as a supplement if bone mass is already compromised, alongside a healthy, varied diet, OsteoFriend® contains the key nutrients in their most bioavailable forms, at optimal dosages, and with zero additives or sweeteners.

Why is OsteoFriend important?

Looking after your bones is important for everyone, and especially women. 1 in 2 women over the age of 50 will break a bone because of poor bone health (*source: Royal Osteoporosis Society*).

Standard bone health supplements often require people to take up to 6 capsules a day due to the bulky nature of their key ingredients, such as Calcium and Magnesium. These capsules are often taken alongside other supplements, meaning many consumers can be taking more than ten capsules a day.

Many standard supplements also contain insufficient ingredients or low dosages of key nutrients to effectively target the biological pathways supporting bone mass and strength.

OsteoFriend® is not only a uniquely comprehensive formula, but also more convenient. In unflavoured powder form, it is one teaspoon a day mixed with drinks, food, yoghurts, smoothies, or protein drinks of your choice.

Ingredients and product comparison overleaf

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OsteoFriend® Key Ingredient profile

The 19 active ingredients in OsteoFriend® are at optimal doses and in their most bioavailable forms to target the key pathways for bone health.

Calcium: Calcium is a main mineral in bones that provides strength and mass. Inadequate calcium intake and excessive calcium loss can contribute to weakened bones. A daily calcium supplement is recommended to individuals at risk for osteoporosis.

Magnesium: Another main mineral in bones that provides strength and mass. Magnesium, which is essential for hundreds of reactions in the body, works together with Calcium, Vitamin K2, and Vitamin D3 in the bones to provide structural support and bone strength.

Vitamins K2 and D3: Work together to significantly improve the body's absorption of calcium into bones. Without sufficient Vitamin D, less calcium from food or supplements is absorbed, forcing the body to take calcium from bones and leading to weakening bones and higher fracture risk.

MSM (methylsulfonylmethane): MSM is a sulphur containing compound found naturally in plants, animals and humans. Sulphur is needed for healthy tendons, ligaments, cartilage, and synovial fluid.

L-Lysine: L-lysine is an amino acid that enhances intestinal calcium absorption. L-lysine also plays an important role in the formation of collagen which is needed to hold the minerals together in the bone and provide protection against breakage.

Manganese: Manganese is a trace mineral that contributes to normal bones. Manganese is essential for the synthesis of bone matrix proteins like collagen and proteoglycans. It works with Vitamin K and Vitamin D to help mineralize bones — the process that makes bones hard and strong.

Curcumin: From turmeric extract, Curcumin is a powerful antioxidant and acclaimed for its anti-inflammatory properties.

Lactobacillus Reuteri: Lactobacillus Reuteri is found in a healthy digestive system which supports the optimum absorption of nutrients to support bone health.

Zinc: Zinc contributes to the maintenance of normal bones and aids with the strength of bones and joints. Zinc is essential for osteoblast activity, which is the process of bone building. Adequate levels of Zinc are associated with higher bone density in older individuals.

Boron: Boron influences the metabolism of Calcium, Magnesium, Phosphorus and Vitamin D. Boron may also help with regeneration of cartilage in joints.

Copper: A trace mineral needed for the maintenance of connective tissue, including the collagen that holds bone minerals in place. Copper is a cofactor for 'lysyl oxidase', an enzyme cross-linking collagen and elastin. These proteins provide structure and strength to bones, cartilage, and connective tissue.

In addition, OsteoFriend® contains **Piperine**, which significantly enhances absorption of curcumin; **Selenium**, a trace mineral supporting connective tissues; **Vitamins B6, B12 & Folate** to help keep homocysteine at normal levels; **Vitamin C & Silica** for supporting collagen formation and promoting osteoblast activity.

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How does OsteoFriend® Compare?

Below is a table comparing OsteoFriend®, its formula and dosages, with other supplements promoted for bone and joint support, providing a detailed breakdown of each products' ingredients and additives. Ingredient information and dosages taken from brands' websites.

		OsteoFriend®	Solgar Ultimate Bone Support	Thorne Advanced Bone Support	BoneUp	Healthspan Osteo Complete	Osteocare Original	Wild Nutrition Bone & Muscle Support
RRP		£34.99	£45.10	£21.99	£15.90	£22.99	£13.15	£36.50
Price per serving		£1.17	£1.50	£0.73	£0.80	£0.29	£0.29	£1.22
Dose & Form		1 teaspoon	4 tablets	4 capsules	6 capsules	3 tablets	2 tablets	3 capsules
Calcium	mg	740	1000	600	1000	801	800	150
Magnesium	mg	320	500	200	500	375	300	150
Vitamin D3	iu/mcg	1000/25	25	50	333/25	5	25	10
Vitamin K2	mcg	100	65		45			50
Boron	mg	3	2	6	3	2	0.6	
Copper	mg	1	0.5		1	1	0.5	
Manganese	mg	1	2		1		0.5	
Zinc	mg	5	5		10	10	10	
MSM	mg	1000						
Curcumin	mg	200						
L-Lysine	mg	500						
Vitamin C	mg	500			200			30
Vitamin B6	mg	6		40				
Folate	mcg	398		333				100
Vitamin B12	mcg	200		100				5
Selenium	mcg	112					55	
Piperine Black Pepper	mg	5						
Silica	mg	5						
Lactobacillus Reuteri	bn CFU	2						
Bamboo Extract								
Potassium					100			
Artificial Sweeteners						Yes		
Artificial Flavours or Preservatives						Yes		
Additives e.g. Bulking, Glazing, Caking			Yes		Yes	Yes	Yes	