



OSTEOCALM®

Dietary supplement

BIOACTIVE COLLAGEN

⊕ VITAMINS C*, D3** ⊕ CALCIUM*

JOINTS

Supports bone**, muscle**
and cartilage* function

COMPOSITION

OSTEOCALM® is an exclusive formula that combines marine collagen and calcium with vitamins D3 and C.

Collagen is a component of joint cartilage. **OSTEOCALM®** contains Promerim® collagen peptides patented by Laboratoire DIELEN®. Promerim® is extracted from wild fish. It is bioactive because it has been hydrolysed, and can be assimilated by the body.

PROPERTIES

The **OSTEOCALM®** formulation has been specially designed to intervene in joint function. Vitamin D and calcium help to maintain normal bone structure and muscle function. Vitamin C is involved in the formation of collagen, which is required for cartilage function. Zinc helps to maintain bone structure and supports protein synthesis.

NUTRITIONAL INFORMATION

OSTEOCALM® is formulated according to Nutrient Reference Values. The collagen, marine calcium and vitamin C are from natural sources. They are selected and checked for their nutritional qualities.

Preservative-free formula.

*Vitamin D and calcium help to maintain normal bone structure and muscle function.

**Vitamin C supports the formation of collagen, which is required for normal cartilage function.

	For 1 tablet	For 2 tablets	%VNR for 2 tablets
Promerim® hydrolysed marine collagen	215 mg	430 mg	-
Calcium	130 mg	260 mg	30%
Vitamin D3	2,5 µg	5 µg	100%
Vitamin C	6 mg	12 mg	15%
Zinc	1,5 mg	3 mg	30%

*Nutrient Reference Values

DIRECTIONS FOR USE

1-2 tablets a day for two months; can be repeated if necessary.

OSTEOCALM® should be combined with a varied and balanced diet and a healthy lifestyle. The tablets are to be swallowed whole without chewing, preferably before a meal.

PRECAUTIONS FOR USE

In the event of pregnancy, ask your pharmacist or doctor for advice. This product is not recommended for people who are allergic to fish. Keep out of reach of children. Do not exceed the recommended doses.

DIET AND LIFESTYLE RECOMMENDATIONS

- Stop smoking.
- Limit your intake of alcohol and coffee.
- Eat foods rich in vitamin D (oily fish, liver, eggs and dairy products)
- Exercise regularly (swimming, a 30-minute walk, gymnastics).
- Regular short exposure to sunlight promotes calcium uptake and binding by bone tissue.
- Control your weight.

Recommendations of the French National Institute for Prevention and Health Education (INPES) and the French National Authority for Health (HAS), July 2006

Laboratoire Dielen formulates **dietary supplements** specially designed for your nutritional balance.



OSTEOCALM®
Joints



**DIELEN®
COLLAGÈNE**
Skin health
and beauty



MOLVAL® FORT
Cholesterol
balancel



MOLVAL®
Cardiovascular
Protection



MEMOZAN®
Mental vitality