

## Benefits Many People

**ORTHO-TABS®** is the best for:

- ◆ **Long-term bone health** and prevention of osteoporosis.
- ◆ **Pre- and post-surgical use** to build a stronger nutritional profile.
- ◆ **Rehabilitation patients** to help compliment recovery.
- ◆ **Fracture patients** to help bone heal.
- ◆ **Osteoporosis patients** on drug therapy, e.g., biphosphonates such as EVISTA®, FOSAMAX®, BONIVA®, etc.
- ◆ **Athletes** that require increased nutritional support.
- ◆ **Young women** during peak bone mass building years: 12 - 35 yrs.

### Doctor Recommended History

**ORTHO-TABS** was originally developed by orthopedic surgeons for use with patients that require the nutritional insurance provided by key vitamins and minerals necessary for proper bone and soft tissue growth, repair and overall health.

Still the #1 choice of orthopedic surgeons, **ORTHO-TABS** is now used by primary care physicians, ob/gyns, endocrinologists and other medical specialties and is a popular consumer choice for overall maintenance of bone health.

# ORTHO-TABS®

*Helps Keep Bones Stronger for Longer!*

# ORTHO-TABS®

Key Nutrients for Healthy Bones



Sixty (60) Opti-Sol™ Coated Tablets

### Updated, Science Based Formula

- ◆ 800 IU vitamin D per serving
- ◆ The most concentrated form of calcium
- ◆ Key bone health nutrients
- ◆ Antioxidants and blood building complex
- ◆ Opti-Sol tablet coating

### The Best Choice for Bone Health

- ◆ Prevention of osteoporosis and fractures
  - Adolescents / teenagers
  - Pre-/post-menopausal women
  - Elderly
- ◆ Pre-/post-op orthopedic patients
- ◆ Rehab patients
- ◆ Post-fracture patients
- ◆ Patients on biphosphonate therapy
- ◆ Athletes

Suggested Use: one tablet, one to three times daily with a meal and large glass of water or as directed by your doctor.

### For more information:

1. Visit: [www.mediniche.com](http://www.mediniche.com)
2. Call toll-free: 1-888-325-2395
3. e-mail: [orthotabs@mediniche.com](mailto:orthotabs@mediniche.com)

 **MediNiche**  
167 Lamp & Lantern Village, #300  
St. Louis, MO 63017  
[www.mediniche.com](http://www.mediniche.com)

#1 Recommended  
by Orthopedic Surgeons

The Only  
**Vitamin and Mineral  
Bone Health Supplement**  
with an Updated,  
Science-Based Formula.

Doctor Recommended  
**ORTHO-TABS®**  
Vitamin and Mineral Supplement for Healthy Bones



 **MediNiche**

## Updated, Science Based Formula

**ORTHO·TABS®** are formulated utilizing the purest, pharmaceutical grade raw materials and most recent advances in tablet technology.

### ◆ Now With More Vitamin D

- 800 IU Per Serving
- Critical Bone Health Nutrient

### ◆ Calcium Carbonate

- The Most Common and Concentrated Form of Calcium

### ◆ Additional Bone Health Nutrients

- Magnesium
- Manganese
- Vitamin K
- Copper

### ◆ Blood Building Complex

- Vitamin B12
- Folic Acid
- Vitamin C

### ◆ Opti-Sol™ Tablet Coating Technology

- Aqueous (water-based) Film Coating: No Solvents or Chemicals.
- Easier to Swallow
- Impressive Tablet Dissolution Rate: Less Than 15 Minutes
- Allows for Better Nutrient Absorption



## The Most Complete Bone Health Supplement

### Supplement Facts Serving Size: 2 tablets, Servings Per Container: 30

Component	Function	Amount/ Serving	%DV
Calcium	One of the most important minerals for overall growth and maintenance of the human body, especially the bones.	1,000 mg	100%
Vitamin D	Essential nutrient in the repair of bone and overall bone health. Blood levels of vitamin D fall in patients with healing bones. ORTHO·TABS has new, higher, recommended levels.	800 IU	200%
<div style="border: 2px solid orange; border-radius: 50%; padding: 5px; display: inline-block;"> <b>More Vitamin D than calcium supplements</b> </div>			
Magnesium	Aids in the metabolism of calcium into bone	200 mg	50%
Manganese	Key trace mineral needed for healthy bone and cartilage formation.	2 mg	100%
Vitamin K	Important for proper healing; also play a role in immune function.	30 mcg	38%
Vitamin B12	Plays an important role in immune function and red blood cell production.	6 mcg	100%
Folic Acid	Aids in tissue growth and red blood cell production.	400 mcg	100%
Vitamin C	Critical nutrient for wound healing; deficiency increases risk of infection.	60 mg	100%
Copper	Plays an important role in the maintenance and repair of bone; is a co-factor in a number of enzymes involved in wound healing, blood levels of copper fall rapidly following trauma and surgery; supplementation may increase the rate of fracture healing.	2 mg	100%
Zinc	Involved in the early remodeling of collagen. Supplementation may help accelerate wound healing in patients following surgery.	15 mg	100%

**ORTHO·TABS® – Lifetime Skeletal Insurance**