Optima BoneActive

Technical Sheet

Bone & Joint Health Formula

A specialized blend for bone strength and joint mobility

Last Updated: December 2025

1. Product Overview

Optima BoneActive is a specialized medical nutrition formula designed for patients with bone health concerns, joint disorders, osteoporosis risk, and those requiring enhanced calcium and bone metabolism support. This formula provides complete nutrition with a robust mineral profile and bioactive compounds essential for bone and joint health.

> **Purpose:** To support bone density, joint function, and overall musculoskeletal health through a carefully balanced blend of bioavailable minerals, vitamins, collagen precursors, and naturally sourced ingredients.

2. Indications for Use

- **Osteoporosis & Bone Loss** - Enhanced calcium and mineral content
- **Osteoarthritis & Joint Disorders** - Joint support and mobility
- **Fracture Recovery** - Accelerated bone healing and strength
- **Age-Related Bone Decline** - Prevention and management support
- **Post-Menopausal Women** - Bone health during hormonal changes

3. Key Features & Benefits

High Bioavailable Calcium

Superior calcium absorption with optimal calcium-to-phosphorus ratio

Collagen Support

Contains amino acids and cofactors essential for collagen synthesis

Complete Mineral Matrix

Magnesium, Zinc, Copper, and Phosphorus for complete bone metabolism

Vitamin D3 Enhancement

High-dose Vitamin D3 for optimal calcium absorption and bone remodeling

4. Nutritional Profile

Per 100g serving:

Nutrient	Amount	% Daily Value
Calories	475	-
Total Fat	18g	23%
Saturated Fat	4.2g	21%
Total Carbohydrate	50g	17%
Dietary Fiber	7g	28%
Protein	26g	52%

5. Key Bone-Supporting Ingredients

Calcium (Bioavailable Form)
Essential mineral for bone structure and strength; supports muscle function

Vitamin D3 (Cholecalciferol)
Critical for calcium absorption and bone mineralization; regulates bone remodeling

Magnesium
Works synergistically with calcium; essential for bone crystal formation and flexibility

Vitamin K2 (Menaquinone)
Activates bone proteins; crucial for proper calcium deposition in bone

Zinc & Copper
Essential cofactors for collagen synthesis and bone matrix formation

6. Preparation Instructions

Standard Preparation:

1. Mix 6-8 teaspoons (approximately 40g) of powder with water or preferred liquid
2. Stir vigorously until completely smooth and dissolved
3. For optimal absorption, consume with meals containing calcium-enhancing factors
4. Can be consumed as a meal replacement or nutritional supplement

7. Storage & Handling

- Store in a cool, dry place away from direct sunlight and moisture
- Keep container tightly sealed after opening
- Optimal storage temperature: 15-25°C (59-77°F)
- Shelf life: 24 months from date of manufacture when properly stored
- Do not use if package is damaged or moisture has entered

8. Safety Information & Warnings

Medical Supervision Recommended: Especially for patients with kidney disease, hypercalcemia, or those taking calcium-modifying medications.

Important Precautions:

- Monitor for signs of hypercalcemia with prolonged high-dose use
- May interact with bisphosphonate medications - consult healthcare provider
- High calcium intake may affect iron absorption - space supplementation
- Not recommended for individuals with sarcoidosis or certain metabolic disorders

Medical Disclaimer

This technical sheet is provided for healthcare professionals only. The information contained herein is not intended to diagnose, treat, cure, or prevent any disease. This product is not intended to replace medical treatment or professional medical advice. Always consult with a qualified healthcare provider before using this product, particularly if you have kidney disease, bone metabolism disorders, or take bone-active medications.

9. Contact Information

Nutricaa

Email: info@nutricaa.com
Phone: +88-01717390779
Website: nutricaa.com