



# Reosto®

## Balanced Bone Support

### • PRODUCT DESCRIPTION

**Reosto®** is a unique herbal supplement that helps maintain healthy bone structure by addressing two factors known to be associated with bone health: adequate calcium supplementation and appropriate hormonal balance.

**Reosto®** combines several sources of bioavailable calcium for optimum results. Studies have shown **Reosto®** to be very effective in bone mineralization and supporting the microstructure of the bone tissue.

The effectiveness of **Reosto®** in supporting calcium metabolisms is enhanced by several herbs which have been shown to contain phytoestrogens.

### • MAIN INGREDIENTS

**Himalaya ProSelect®** formulas are derived from traditional ayurvedic remedies whose key ingredients are combined to achieve safe and synergistic effects. One active ingredient may be buffered by others while certain ingredients play the role as adjuvants, by strengthening the digestive system or helping to remove wastes. Others are included to increase bioavailability and enhance absorption. No single active constituent has the broad activity of the entire plant and no single plant has the activity and safety of carefully formulated blends.

- **Guggul** (*Commiphora mukul*) – shown to promote bone mineralization
- **Ashwagandha** (*Withania somnifera*) – adaptogen
- **Arjuna** (*Terminalia arjuna*) – improves hormonal synthesis
- **Country Mallow** (*Sida cordifolia*) – supports a healthy reproductive system





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### ☛ RECOMMENDED DOSAGE

**Presentation:** 60 Capsules

**Directions for Capsules:** Take 2 capsules twice daily, preferably after meals.

**Caution:** Keep out of direct light and reach of children.

### ☛ KEY RESEARCH

Experimental studies have shown **Reosto®** to support healthy calcium metabolism for effective bone structure.

### ☛ OUR DEDICATION TO SCIENCE AND QUALITY

We are dedicated to providing safe and effective natural health products that help “defy aging” and enhance life, naturally. Our scientifically validated natural formulas come from The Himalaya Drug Company, founded in 1930 and a worldwide leader in modern adaptation of an age-old tradition. Rooted in Ayurveda, the Science of Life and Longevity, our carefully balanced herbal blends have been subjected to the modern scrutiny of clinical testing to prove their unparalleled benefits in gently addressing all health concerns. All Himalaya ProSelect® formulas are produced to pharmaceutical quality standards in state-of-the-art facilities and “fingerprinted” for consistency by the most sophisticated chromatographic quality control techniques.

### ☛ OUR GUARANTEE

At **Himalaya USA®**, we focus on science, quality and proven performance, not on esoteric tradition or trendy supplements. Our products have been marketed worldwide for decades and are endorsed by over 200,000 health professionals. We unconditionally guarantee our “Natural Bone Support Formula” for your complete satisfaction.

*Monarch*  
ESSENTIALS

Exclusive distribution in Canada by Monarch Essentials  
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These statements have not been evaluated by the FDA.  
This product and the information provided are not intended to diagnose, treat, cure,  
or in any way replace qualified medical supervision.

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