



Bone Support Formula™

DESCRIPTION:

Three-part premium calcium complex with soy isoflavones and support nutrients represents the most comprehensive bone health formula for prevention and high-risk intervention.

FORMULA:

Six tablets provide:

Macromineral Support

Microcrystalline Hydroxyapatite (<i>MCH-Cal™</i>) ..	3000 mg
Elemental Calcium (<i>ANACAL II: microcrystalline hydroxyapatite, calcium citrate-malate, calcium ascorbate</i>)	1000 mg
Magnesium (<i>citrate, aspartate, gluconate</i>)	300 mg

Trace Minerals and Vitamins

Zinc (<i>L-Opti-Zinc® zinc monomethionine</i>) ¹	6 mg
Copper (<i>copper gluconate</i>)	0.5 mg
Manganese (<i>manganese sulfate</i>)	4 mg
Boron (<i>citrate, aspartate, glycinate</i>)	500 mcg
Silicon (<i>from super fine silicon dioxide</i>)	25 mg
Vitamin D (<i>cholecalciferol</i>)	200 IU
Vitamin K1	20 mcg
Vitamin C (<i>calcium ascorbate</i>)	120 mg

Special Nutrient Complex

NOVASOY™ Isoflavone Complex ²	100 mg
Citrus Bioflavonoid Complex	200 mg

Plus naturally occurring nutrients from hydroxyapatite including phosphorus, fluoride, potassium, strontium, other ions, collagen and other proteins, and glycosaminoglycans.

1. Opti-Zinc® is a registered trademark of InterHealth N.I.
2. Specially processed natural extract from soybeans, standardized to provide 40% isoflavones (40 mg) in their naturally occurring ratios. These include genistin, genistein, daidzin, daidzein, glycitin and glycitein, plus soy saponins and other naturally occurring components. Isoflavones are naturally occurring compounds that support bone and menopausal health.*

BACKGROUND:

Bone, composed primarily of calcium, is a living tissue which contains cells, collagen, and other substances. It is constantly breaking down and rebuilding. With increasing age, the rebuilding processes cannot keep up with the breakdown mechanisms. The exact reasons for this are not completely understood, but over time bone becomes very thin and fragile and may break under the slightest pressure. Maintaining a healthy lifestyle that includes proper diet, calcium and support nutrient supplementation, weight-bearing exercises, avoidance of excessive alcohol, caffeine and smoking, all contribute to maintaining bone health throughout life.

KEY FEATURES:

- Unique three-part formula provides high-tech sources of macro minerals, key vitamins and minerals, and soy isoflavones to support bone and menopausal health.*
- Features special ANACAL II blend of microcrystalline hydroxyapatite, calcium citrate-malate and calcium ascorbate as sources of calcium, and magnesium citrate, aspartate and gluconate as sources of magnesium, for optimum absorption AND utilization of macrominerals.
- High-potency (500 mg per tablet) microcrystalline hydroxyapatite from New Zealand.

- Highest grade starting materials are used and product is made under strict quality control regulations in our federally registered pharmaceutical manufacturing facility.
- Free of corn, yeast, wheat, egg and milk products.

DIRECTIONS:

Two to three tablets with lunch and two to three tablets with dinner.

HOW SUPPLIED:

Off white, oval tablet; 90 or 180 per bottle.

MACRO MINERALS

Microcrystalline hydroxyapatite calcium is different from other forms of calcium. This whole bone extract is also rich in key trace minerals, collagen protein and glycosaminoglycans (GAGs). **Calcium citrate-malate** and **calcium ascorbate** are also excellent forms of calcium and, when combined with hydroxyapatite, offer a powerful blend of calcium sources for optimal nutritional support. **Magnesium citrate, gluconate and aspartate** are all good forms of magnesium which are essential to proper nerve, muscle and cardiovascular functions, in addition to bone health. These special high-tech mineral carriers are ideal for use in supplements as they offer optimum absorption and utilization of calcium and magnesium.

VITAMINS AND TRACE MINERALS

Vitamin D: Needed for proper absorption of calcium. With increasing age individuals may become deficient in this nutrient, putting them at risk for poor bone health. This is especially true for people who avoid dairy products (a major supplemental source of vitamin D) and people who are not frequently outdoors. **Vitamin K:** Essential vitamin involved in the production of blood factors, which has recently been found to be essential to bone health. **Vitamin C:** Essential antioxidant vitamin vital for growth and development of collagen, the primary protein component of bone.

Manganese: Contributes to the formation of bone, collagen and cartilage (cushioning substance between bones — a key component of ligaments and tendons). **Zinc:** Provides nutritive support for collagen synthesis and overall cell function. Zinc is also essential for proper calcification of bone. The monomethionine form of this nutrient is an effective antioxidant, detoxifier and supplier of sulfur, which is also essential for cartilage and other connective tissues. **Copper:** Essential for the formation and maintenance of connective tissue and skeletal mineralization. The collagen-making process depends on copper and other vital nutrients for its manufacture. A deficiency of copper can impair the ability of bone cartilage to heal normally. **Silicon:** Involved in bone calcification and the formation of connective tissue. **Boron:** Newer trace mineral found naturally in grapes and pears, promotes bone health and also helps protect magnesium stores in the body. *

SPECIAL BOTANICAL PROTECTORS

Isoflavones are naturally occurring compounds that support bone, menopausal and overall good health. Isoflavones, a major part of the soybean-rich diet of Japan, are believed to be significantly responsible for protective effects ascribed to the Japanese diet. It is difficult to obtain isoflavones from the typical American diet. Supplementation with the newly available, highly concentrated isoflavone extracts provide a supplemental source of genistein, genistin, daidzein, daidzin, glycitein, glycitin, and other natural soy components believed to support bone, menopausal and overall good health. **Bioflavonoid Complex:** Natural components of many fruits and vegetables, these unique substances exhibit a wide range of biological activity including antioxidant and protector effects.

BIBLIOGRAPHY:

1. **Biochemistry**, PC Champe, RA Harvey, JB Lippincott, Philadelphia (1994).
2. **Modern Nutrition Health and Disease, Edition Eight**, eds, ME Shills, JA Olson, M Shike, Lea & Febiger, Philadelphia (1994).
3. **Botanical Influences on Illness**, Werbach, M, Third Line Press, 1994.
4. **Encyclopedia of Common Natural Ingredients**, A Leung, S Foster, John Wiley, New York, 1996.
5. **The Doctor's Vitamin & Mineral Encyclopedia**, SS Hendler, Simon & Schuster, New York, 1990.

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.