

Orthopedic Apothecary

Strong Bones

Why These Natural Ingredients?

Strontium

Researchers reporting in the New England Journal of Medicine found a 41% reduction in vertebral fractures over 3 years when adding strontium to a stable calcium and vitamin D diet regimen. While calcium is important, calcium uptake is severely limited when taken as a single ingredient supplement. **Strong Bones** provides multiple ingredient sources for calcium to maximize uptake, and a therapeutically dosed 1000 mg of strontium.

Ipriflavone

A plant estrogen-like compound studied in both animal and human trials, ipriflavone is believed to slow the rate of bone loss and may even increase the rate of bone formation. Women with osteoporosis given 600 mg per day of ipriflavone had a six percent increase in bone mineral density after twelve months, while the placebo group lost 0.3 percent in bone density.

Vitamin K

Vitamin K is required for the synthesis of osteocalcin, a bone protein integral for bone formation. Osteocalcin provides the structure and order to bone tissue; without it, bones would be fragile and easily broken. In humans, vitamin K levels fall during recovery from a fracture evidencing that this nutrient is actually drawn from the rest of the body to the site of the fracture.

Vitamin D

Vitamin D is known to be responsible for day-to-day maintenance of calcium and mineral homeostasis. Further, vitamin D is proven to support healthy bone density, an important component of strong bones. Many researchers point to an unrecognized epidemic of vitamin D deficiency among older Americans, suggesting that of those 200,000+ persons who suffer hip fractures each year, many are vitamin D deficient.

Supplement Facts

Serving Size: 2 Packets Servings Per Container: 30

2 packets contain	Clear/White Packet		Clear/Clear Packet		Combined Packets	
	Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin D3 (as Cholecalciferol)	500 IU	125%	500 IU	125%	1000 IU	250%
Vitamin K (as Phyttonadione)	500 mcg	625%	500 mcg	625%	1 mg	1250%
Folic Acid	400 mcg	100%	400 mcg	100%	800 mcg	200%
Calcium (as Hydroxyapatite, Citrimal)	900 mg	90%	100 mg	10%	1000 mg	100%
Phosphorus (as Calcium Hydroxyapatite, Chelate)	360 mg	36%	40 mg	4%	400 mg	40%
Magnesium (as Buffered Amino Acid Chelate, Citrate, Aspartate)	200 mg	50%	200 mg	50%	400 mg	100%
Selenium (as Amino Acid Complex)	100 mcg	143%	100 mcg	143%	200 mcg	286%
Copper (as Lysinate)	500 mcg	25%	500 mcg	25%	1 mg	50%
Manganese (as Chelazome®)	5 mg	250%	5 mg	250%	10 mg	500%
Molybdenum (as Amino Acid Chelate)	75 mcg	100%	75 mcg	100%	150 mcg	200%
Ipriflavone	300 mg	*	300 mg	*	600 mg	*
Strontium Citrate	100 mg	*	900 mg	*	1000 mg	*
Montmorillonite	75 mg	*	75 mg	*	150 mg	*
Boron (as Proteinate)	2.5 mg	*	2.5 mg	*	5 mg	*

* % Daily Value not established

SUGGESTED USE: As a dietary supplement, 2 packets per day with food taking one Clear/White packet in the AM and one Clear/Clear packet in the PM. Maintenance: 1 packet per day alternating 1 Clear/White packet on odd days and 1 Clear/Clear packet on even days or as recommended by your health care professional. Chelazome® is a registered trademark of Albion, Inc.