



Bone Health

Having the right balance of minerals and proteins is imperative for maintain bone strength, density and flexibility

Did You Know?

According to the National Institutes of Health, around 10 million Americans (80 percent are women) have osteoporosis, a condition where bones become weak and brittle and can break from even a minor fall.

What Are Our Bones Made Of?

Believe it or not, more than just calcium! Your bones are living, dynamic tissues made of a mineral matrix (including calcium, phosphorus, magnesium, silica, etc.) as well as a non-mineral matrix made most of proteins, namely collagen.

The minerals make your bones hard and dense, while the proteins provide flexibility to your bones. If we didn't have enough protein in our bones they would become too brittle and could break more easily; if we didn't have enough minerals in our bones they would become too soft and become less dense.

What Builds Strong Bones?

There are many factors involved in making (or breaking) your bones including

- Age
- Diet & Exercise
- Medications
- Hormone Health
- Stress
- Supplements

Consumption of excess salt, processed foods and sugar, high stress levels, lack of other bone building vitamins and minerals can all reduce the body's ability to absorb minerals or can even increase mineral excretion from the bones. Either eliminating or addressing and adjusting some of these factors is going to be the first step towards building better bones!



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BONE BUILDER:	How They Help:
Vitamin D	One of the most important nutrients for bone health, without optimal levels of Vitamin D your body cannot properly absorb calcium. Vit D regulates the production of bone-building proteins (osteocalcin) the 2nd most abundant protein in the bones after collagen.
Vitamin K	Vitamin K is necessary for the activation of the bone building proteins osteocalcin and matrix Gla. Osteocalcin holds calcium to the bone and matrix Gla ensures that calcium is delivered to the bones and not deposited in the arteries. Vitamin K has been shown to increase the number of bone-building osteoblasts, while it decreases the number of osteoclasts, the cells that break down bones.
Calcium	Calcium, the most abundant mineral in the bones, is also one that is easily depleted from our bodies. Nearly all of the body's calcium is used to make and maintain bone and teeth. Calcium combines with phosphate to form hydroxylapatite, the actual mineralized part of bones.
Magnesium	After calcium, magnesium is the second most important mineral for maintaining normal bone density. The mineral plays roles in more than 300 biochemical reactions in the body, affecting heart rhythm, blood sugar and bone mineral density.
Minerals	Means all ingredients are organic. The USDA logo can be used on the packaging.

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