

# StrongBones

New Advanced generation formula that helps build and maintain stronger



180 vegetable capsules

- ▶ Microcrystalline Hydroxyapatite (MCHA) is a rich source of calcium and bone-specific organic components (phosphorus, collagen and proteins) which contribute to the stimulation of osteogenesis.<sup>(1-2)</sup> Providing an optimum calcium-phosphorus ratio (2:1).
- ▶ Oral MCHA administration is more effective than calcium carbonate to reduce loss of trabecular bone in patients with osteoporosis.<sup>(3-4)</sup>
- ▶ With powerful antioxidants important for bone formation, protection from oxidative stress and regulation of inflammatory processes.<sup>(6-10)</sup>
- ▶ Magnesium bisglycinate is highly bioavailable and is essential for calcium-D3 metabolism.
- ▶ Includes cofactors for nutrient assimilation and bone formation. Contains key vitamins, minerals and essential amino acids to maintain the bone matrix.<sup>(11-13)</sup>



Nutritional information:	2 capsules (2.3 g)
Calcium (from hydroxyapatite)	300 mg (38%*)
Phosphorus (from hydroxyapatite)	150 mg (21%*)
Proteins (from hydroxyapatite)	300 mg
Magnesium (from Mg bisglycinate)	48.3 mg (13%*)
Zinc (from Zn mono-L-methionine sulfate)	3.1 mg (31%*)
Manganese (from Mn citrate)	0.9 mg (45%*)
Copper (from copper citrate)	0.31 mg (31%*)
Boron (from boric acid)	1.1 mg
Field horsetail ( <i>E. arvense</i> ) (7% silica)	10 mg
Thiamin (vitamin B <sub>1</sub> ) (thiamin HCL)	1.4 mg (127%*)
Vitamin K <sub>2</sub> (menaquinone 4 and 7)	31 µg (41%*)
Vitamin D <sub>3</sub> (cholecalciferol, 167 IU/caps.)	8.3 µg (166%*)
Vitamin C (L-ascorbic acid)	62 mg (78%*)
Vitamin B <sub>12</sub> (methylcobalamin)	50 µg (2 000%*)
Folate (calcium-L-methylfolate)	166.7 µg (83%*)
L-Lysine	100 mg
L-Proline	100 mg
Glucosamine sulfate (sodium-free)	84 mg
Curcumin ( <i>C. longa</i> ) (95% curcuminoids***)	6.7 mg
Grape seed ( <i>V. vinifera</i> ) (95% PACs)	20 mg
Green tea ( <i>C. sinensis</i> ) (75% EGCG)	14 mg
Lycopene (from <i>Lycopersicon esculentum</i> )	1.7 mg
Lutein (from <i>Tagetes erecta</i> )	0.7 mg

\*NRV: Nutrient Reference Value in %

\*\*\*provides curcumin I, demetoxicurcumin and bisdemetoxicurcumin

## Indications and uses:

Bone health, prevention of osteoporosis and healing bone injuries.

## Recommended daily dose:

2 capsules one to three times daily with food. Take away from medications.

## References:

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