



**LabNaturals, Inc.**

Holistic Health Apothecary

# Bone Support Formula

*Redefining  
Bone Density  
Management*



A synergistic complex of bioavailable calcium, vitamins, and minerals essential to building and maintaining a strong bone matrix<sup>†</sup>



## CALCIUM. AND WHY IT'S ESSENTIAL.

Calcium is a mineral most often associated with healthy bones and teeth, although it also plays an important role in blood clotting, helping muscles to contract, and regulating normal heart rhythms and nerve functions.

**About 99% of the body's calcium is stored in bones, and the remaining 1% is found in blood, muscle, and other tissues.**

The body gets the calcium it needs in two ways;

1. By eating foods and/or taking supplements that contain calcium
2. By drawing from calcium stored in the bones

If one does not eat enough calcium-containing foods, the body will remove calcium from the bones. Ideally, the calcium that is "borrowed" from the bones will be replaced at a later point. This does not always happen, and cannot always be accomplished simply by eating more calcium-containing foods. In these circumstances supplementation is needed.

## BONE HEALTH IS MORE THAN JUST CALCIUM

Made mostly of collagen, bone is living, growing tissue. Collagen is a protein that provides a soft framework, and calcium phosphate is a mineral that adds strength and hardens the framework. This combination of collagen and calcium makes bone strong and flexible enough to withstand stress.

In order for the body to absorb adequate amounts of calcium it needs to be in a bioactive form, especially in supplementation.

Synergistic vitamins and minerals also help assist with collagen production, calcium absorption and bone turnover. Here are some key elements to complete the bone health matrix...

**Necessary for hydrochloric acid (HCl) production by the stomach, and HCl in turn is necessary for calcium absorption<sup>†</sup>**



VITAMIN B6

VITAMIN D3

D3

Beneficial in promoting calcium absorption to enable normal mineralization of bone, bone growth and bone remodeling<sup>†</sup>

Second most common mineral in the body after calcium. Necessary for the formation of bones and teeth, as well as tissue and cell growth<sup>†</sup>

P

PHOSPHORUS

MAGNESIUM

Mg

Works closely with calcium. It is important to have an appropriate ratio of both minerals in order for them to be effective. A good rule of thumb is a 2:1 calcium-to-magnesium ratio<sup>†</sup>

An essential mineral that is required for normal skeletal growth, bone homeostasis, and has been shown to promote bone regeneration<sup>†</sup>

Zn

ZINC

COPPER

Cu

Aids in the formation of collagen for bone and connective tissue and contributes to the mechanical strength of bone collagen fibrils<sup>†</sup>

A trace mineral and cofactor for several enzymes involved in bone formation that works with calcium, zinc, and copper to support bone mineral density<sup>†</sup>

Mn

MANGANESE

MOLYBDENUM

Mo

Acts as a catalyst for enzymes and helps facilitate the breakdown of certain amino acids in the body<sup>†</sup>

Trace element that positively influences minerals such as calcium, phosphorus, and magnesium, and acts in synergy with vitamin D3<sup>†</sup>

B

BORON

SILICA

Si

Has been shown to stimulate not only collagen synthesis (which gives structure to connective tissue) but also the growth of bone cells, called osteoblasts<sup>†</sup>

Another trace mineral that, in small amounts, has been shown to benefit normal bone growth.<sup>†</sup>

V

VANADIUM

# Bone Support Formula

## YOUR SOLUTION TO BUILDING STRONGER BONES

Strong bones are crucial to maintaining a healthy and active lifestyle as we age. Calcium is key for this, so much so that your bones act as a calcium reservoir for the rest of your body. However, too little calcium intake can result in the reservoir drying up, leading to conditions such as osteopenia and osteoporosis.

Bone Support Formula is designed to supply adequate amounts of highly absorbable calcium and synergistic vitamins and minerals to help build strong dense bones.†



## BIOAVAILABLE FORMS OF CALCIUM

**Microcrystalline Hydroxyapatite** - whole-bone concentrate from New Zealand bovine that contains naturally occurring calcium as well as a variety of other bone supporting minerals naturally found in bone tissue.

**Calcium Amino Acid Chelate** - calcium that is specially bonded (chelated) with amino acids to enhance absorption and assimilation. Chelated minerals are recognized by the body as an organic material and shielded as they pass through the digestive system where they are best absorbed.

**Calcium Citrate** - another calcium source with several advantages including higher absorption rates, utilization in the body, and tolerability. In fact, it has been shown to be almost ten times more absorbable over calcium carbonate, which is the most commonly used but most poorly absorbed form of calcium.

**Bone Support Formula contains 1,221 mg of Elemental Calcium per serving**

## TARGETED FOR INTESTINAL ABSORPTION

Our pH-sensitive tablet coating is designed to bypass the acidic environment of the stomach and deliver the nutrients to the intestines where they are best absorbed and utilized. Taking this extra step also helps to prevent altering the acid balance of the stomach (acid rebound).

Acid rebound, is when the stomach overcompensates for the high dose of calcium, which is alkaline, and churns out more acid. This can lead to additional stomach distress. Low quality calcium sources and inferior calcium products are most commonly associated with this issue.

## INDICATIONS

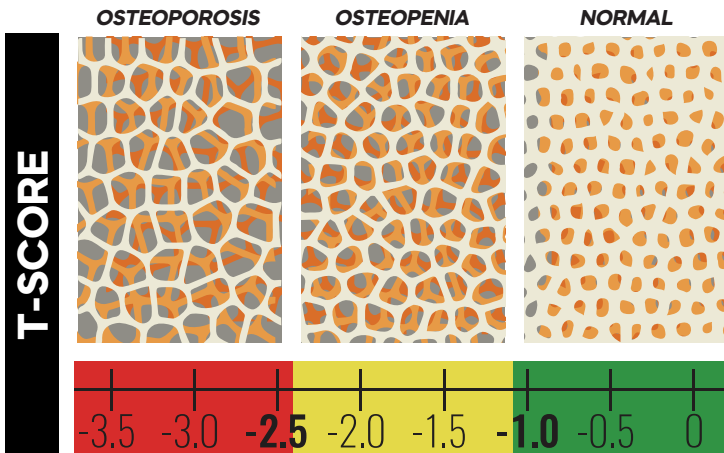
The ingredients used in Bone Support Formula have traditionally been shown to benefit patients with musculo-skeletal issues including†:

- **Osteopenia:** a loss of bone mineral density (BMD) that weakens bones. Lower BMD indicates a depletion of minerals in the bones. This is more common in people older than 50, especially women. Osteopenia has no signs or symptoms, but a painless screening test can measure bone strength.

Not everyone with osteopenia develops osteoporosis, but it can happen. People with osteopenia should try to strengthen and protect their bones.

- **Osteoporosis:** a bone disease that develops when bone mineral density and bone mass decreases, or when the structure and strength of bone changes. This can lead to a decrease in bone strength that can increase the risk of fractures (broken bones).

Osteoporosis is considered to be a “silent” disease because there are usually no noticeable symptoms until a fracture or break occurs. Osteoporosis is the major cause of fractures in post menopausal women and in older men. Fractures can occur in any bone but happen most often in bones of the hip, vertebrae in the spine, and wrist.



## BONE DENSITY TEST & T-SCORE

A bone density test is a measurement of how much mineral, such as calcium, you have in your bones. The most common and most versatile test is with dual-energy X-ray absorptiometry (DXA). This is used to diagnose osteoporosis BEFORE you break a bone, help to estimate your chances of breaking a bone in the future, and monitor the effectiveness of osteoporosis treatments.

The T-score is a number that is used for diagnostic classification of postmenopausal women and men age 50 years and older.

**A T-score of -1.0 or above is normal bone density.  
(Examples are 0.9, 0 and -0.9)**

**A T-score between -1.0 and -2.5 means you have low bone mass or osteopenia.  
(Examples are -1.1, -1.6 and -2.4)**

**A T-score of -2.5 or below is a diagnosis of osteoporosis.  
(Examples are -2.6, -3.3 and -3.9)**

### WHO SHOULD HAVE A BONE DENSITY TEST?

- **Women age 65 years and older**
- **Men age 70 years and older**
- **Anyone who has broken a bone after age 50 years**
- **Women age 50-64 years with risk factors\***
- **Men age 50-69 years with risk factors\***

*\* Examples of risk factors for osteoporosis and fractures include family history of osteoporosis and/or fracture, frequent falling, vitamin D deficiency, smoking, excessive alcohol intake, malabsorption, and some medications, such as prednisone.†*

† 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.



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