**Medicinal Ingredients:** Each vegetarian capsule contains:
- Aquamin® (Lithothamnion spp.) .......................... 630 mg
  Calcium: 30% (189 mg), Magnesium: 3% (18.9 mg)
- Vitamin C (Calcium ascorbate) ....................... 62 mg
- Boron (Boron citrate) .................................... 0.8 mg
- Vitamin K2 (Menaquinone-7) .......................... 25 mcg
- Vitamin D3 (Cholecalciferol) ......................... (240 IU) 6 mcg

**Non-medicinal Ingredients:** Hydroxypropyl methylcellulose, rice flour & magnesium stearate.

**Recommended Dose (adults):** Take 2 capsules two times a day or as directed by a health care practitioner.

**Caution/Warnings:** Consult a health care practitioner prior to use in cases where an estrogen-dependent cancer exists. Consult a health care practitioner if you are taking blood thinners.

**Contraindications:** Do not use if pregnant or breastfeeding.

NPN 80038108 • 90 capsules
Bone metabolism is constantly active, with old bone resorbed and new bone formed daily. While it is important to build strong bones during childhood and adolescence, it is even more important to maintain bone health during adulthood and for women during post-menopausal years. After the age of 30, bone remodelling continues at a loss of bone mineral density making bones weaker and more susceptible to fracture.

BoneSure is a complete bone health formula, using calcium and magnesium derived from marine-based algae (Aquamin) to maintain bone mineral density (BMD) and healthy bone formation. The effects are enhanced with the combination of other bone supporting nutrients including vitamins K2, D3, C and boron.

Full Spectrum Bone Building Formula

Clinically proven for:
- Increased bone mineral density
- Reduced risk of developing osteoporosis
- Enhanced bone health in peri-menopausal and menopausal women

High absorption from plant-sourced multi-mineral complex
- Better bone building
- Prevents calcium, magnesium, vit K and vit D deficiency

Increased collagen and tissue formation
- Maintain bones, cartilage, teeth and skin

Sustainable marine superfood
- Eco-friendly for your patients
- GMO free

Osteoporosis Protocol

Osteoporosis is a condition where there is an impaired structural metabolism of the inorganic and organic bone mass. While osteoporosis or brittle bones is often associated with calcium deficiency, two main contributing factors are reduction in bone metabolism and increased acidification of the tissues. Acidosis causes the body to buffer excess acid and protein with calcium, which is drawn from the bones and leads to bone mineral loss.

Principles of this osteoporosis protocol include:

1. Rebalance normal acid-base (pH) levels
2. Restore intestinal mucosa for effective mineral uptake
3. Rebuild bone mineral density
4. Reduce bone loss (monitored with DEXA bone scans)

Additional recommendations include:
- Probiotic 7 in 1 – 2 caps twice daily.
- Alkaline diet with lots of fresh vegetables and fruit. Limit animal protein, white foods (sugar, white rice, pasta), coffee/tea/soda, and processed foods.
- MK7 (K2) with D3 drops - 1 drop once daily.

BoneSure

Take 2 capsules twice daily for 3 to 6 months.

Basictab

Take 3 tabs twice daily with warm water on an empty stomach for 3 months. Monitor urinary pH values monthly using pH papers.

N-A-G

Take 2 capsules twice daily for 3 months.