

# Bone Health Protocol

Improve bone health by increasing bone strength and bone mineral density. The plant-based minerals and vitamins found in BoneSure and MK7 with D3 Drops help to re-mineralize the bone matrix and reduce the risk of developing osteoporosis.

Remedy	Phase/Dose	Monday to Sunday
BoneSure	2 capsules	two times a day
MK7 with Vitamin	1 drop	once a day



## BoneSure

**Recommended dosage (adult):** 2 capsules two times daily. Safe to use long term.

**Bone Health Benefits:** BoneSure contains a combination of plant-based minerals (from marine algae Lithothamnion corallioides), vitamins (C, D, K), boron, and trace elements to provide full-spectrum remineralization and bone health. It works to improve bone structure and function through increasing bone mineral density, bone strength, and healthy bone formation.<sup>1,2,3,4</sup> When combined with a healthy diet and physical activity, it can reduce the risk of developing osteoporosis<sup>5,6,11,12</sup> and improve bone health in peri-menopausal and menopausal women.<sup>7,8,9,10,13</sup>

Additional benefits include collagen and tissue formation to maintain healthy bones, cartilage, teeth, and gums.

**BoneSure bone health benefits include:**

- Increase bone mineral density<sup>1,2,3</sup>
- Improve bone strength and structure<sup>2</sup>
- Support healthy bone formation and function<sup>1,4</sup>
- Reduce the risk of developing osteoporosis<sup>5,6,11,12</sup>
- Improve bone health in peri-menopausal and menopausal women<sup>7,8,9,10,13</sup>

**Key Features:** Increase bone mineralization and bone mineral density, plant-sourced multi-mineral, contains 76 naturally occurring trace minerals, high absorption and bioavailability, increase bone and collagen formation, improve bone health in peri-menopausal and menopausal women, reduce risk of developing osteoporosis.



## MK7 with D3 Drops

**Recommended dosage (adult):** 1 drop once daily. Safe to use long term.

**Bone Health Benefits:** MK7 with Vitamin D3 is a combination of vitamin K2 (MK7, menaquinone 7) and vitamin D3 to maintain bone health<sup>3,4,10,13</sup> and improve calcium absorption and binding into the bone matrix. Vitamin D is specifically required for absorption and utilization of phosphorus and calcium, two important components of bones. When vitamin D3 is combined with a healthy diet and physical activity, it can reduce the risk of developing osteoporosis.<sup>11,12</sup>

**Key Features:** Maintain healthy bones, improve calcium and phosphorus absorption for bone health, reduce the risk of developing osteoporosis, prevent vitamins D and K deficiency.


**Medicinal Ingredients:** Each vegetarian capsule contains:

Aquamin® ( <i>Lithothamnion spp.</i> )	
Calcium (carbonate)	275 mg
Magnesium (carbonate)	19 mg
Vitamin C (Calcium ascorbate)	62 mg
Boron (Boron citrate)	0.8 mg
K2Vital Vitamin K2 (Menaquinone-7)	.25 mcg
Vitamin D3 (Cholecalciferol)	(240 IU) 6 mcg

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

**Caution/Warnings:** Consult a health care practitioner prior to use if you have been diagnosed with estrogen dependent cancer. Consult a health care practitioner if you are taking blood thinners. If you have a kidney disorder, consult a health care practitioner prior to use.

NPN 80091329 • 90 capsules


**Medicinal ingredients:** Each drop (0.028 ml) contains:

Vitamin K2 (MK7)	25 mcg
Vitamin D3	1000 IU (25 mcg)

**Non-medicinal ingredients:** Coconut oil, olive oil, medium chain triglycerides, lemon flavour.

**Caution/Warnings:** Consult a healthcare practitioner prior to use if taking blood thinners.

NPN 80082256 • 10 ml drops


**References**

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