Bone & Immune Health:

- Strong bones & teeth
- Immune function
- Osteoporosis
- Muscle weakness
- Vitamin D deficiency

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.

Vit D3 Drops
Take 1 drop once daily for 3 months.

Bone Health & Osteoporosis Protocol

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 and NAG - 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.
**Vitamin D3 Drops 1000 IU**

**What is Vitamin D3?**

Vitamin D is a fat-soluble vitamin. It is manufactured in the body and stored in fat cells after the skin is exposed to UV-B rays from direct sunlight. Vitamin D3 is best known for bone health and regulating immune function. In addition, the D3 form is biologically active and ready for use in a wide variety of vital biological processes within the body.

**Vitamin D3: Building Strong Bones**

Vitamin D3 is needed for development, growth, and maintenance of strong bones and teeth. It is required for calcium regulation, by promoting absorption of calcium and phosphorus from the small intestine and kidneys to be deposited in bone mineralization. Additionally, when vitamin D is combined with calcium intake and regular weightbearing exercise, it helps reduce the risk of developing osteoporosis.

Deficiency can be associated with loss of bone density, osteoporosis and ‘brittle’ bones, lower back pain¹, and muscle weakness.

**Vitamin D3: Healthy Immune Function**

Vitamin D3 is required for proper immune function and can modulate both adaptive and innate immune responses. Vitamin D acts to facilitate immune system activity with receptors expressed on immunological cells (B-cells, T-cells and antigen presenting cells)⁵, and can stimulate NK lymphocytes and enhance suppressor T-cells.

Deficiency can be associated with an increased susceptibility to infection, autoimmune disease² including MS, and certain types of cancer³.
Melatonin B6 Spray Protocol

Medicinal Ingredients:
Each drop contains:
Vitamin D3 (cholecalciferol) . . . . . . . . . . . . . . . . (25 mcg) 1000 IU

Non-medicinal Ingredients:
Medium chain triglycerides, coconut oil, natural lemon flavour.

Recommended Dose (adults):
Take 1 drop once per day. The drop may be taken directly on the tongue, in food or liquid, or licked from a clean surface such as a spoon or back of a washed hand, or as directed by a health care practitioner.

NPN 80096966 • 15 ml

Risk Factors for Vitamin D Deficiency:

- Adults 50 years and older
- Pregnancy & breastfed infants
- Limited sun or skin exposure (indoor, clothes)
- Higher melanin pigment in darker skin tone can block UV-B rays
- Sunscreen use can block up to 98% of UV-B rays
- Season and geographical location
- Cloud cover and pollution
- Intestinal absorption issues

Why Supplement with Vitamin D3

Over 70% of Canadians are vitamin D deficient, proving that it is difficult to get enough vitamin D from direct sun exposure and food alone. Studies show vitamin D is essential for long-term health and therefore a reliable and consistent source of vitamin D (often through supplementation) is necessary to prevent risk of deficiency. Optimal vitamin D levels are essential for health throughout all ages and stages of life.

Vitamin D requirements change throughout life and according to risk factors:

- Infants (up to 1 year): 400 IU daily (upper limit 1000 – 1500 IU)
- Children (1 to 9 years): 600 IU daily (upper limit 2500 – 3000 IU)
- Pregnancy and lactation: 600 IU daily (upper limit 4000 IU)
- Adults: 800 IU daily (upper limit 4000 IU)

Bone Health & 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.

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