



Ingredients
6 vegetable capsules contain:

Microcrystalline Hydroxyapatite (Freeze Dried MCHA).....	3720 mg
*Providing:	
*Calcium Elemental (MCHA)	930 mg
*Phosphorus (MCHA)	465 mg
*Protein (MCHA).....	930 mg
Magnesium (Oxide).....	558 mg
Zinc (Monomethionate).....	9.3 mg
Manganese (Citrate).....	2.79 mg
Copper (Citrate).....	0.93 mg
Boron (Citrate).....	2.79 mg
Horsetail Herb Extract 7% (Source of Silica)	23.25 mg
Vitamin C (Ascorbic Acid).....	186 mg
Vitamin D3 (Cholecalciferol).....	372 I.U.
Vitamin B1 (Thiamin HCL).....	4.65 mg
Vitamin K (Phylloquinone).....	93 mcg
L-Lysine	300 mg
L-Proline.....	300 mg
Glucosamine Sulfate (Sodium Free)	279 mg



STRONG BONES
 Sold exclusively to finer Health Food Stores
1-800-268-9486 www.newrootsherbal.com

Discover a
 smarter way to
 healthy bones.

**THE NATURAL APPROACH
 TO PREVENTING OSTEOPOROSIS.**



STRONG BONES helps build and maintain stronger bones. It contains the right form of calcium for immediate absorption and a variety of nutrients used by your body as raw materials for reinforcing and building bones. You can rely on **STRONG BONES** to deliver natural nutrients, for stronger, healthier bones.

Osteoporosis and you.

Osteoporosis is a silent painless disease in which bones become fragile and more likely to break. Women are four times more likely than men to develop the disease and often have a hard time getting all of the calcium they need to maintain strong bones. Smoking and too much alcohol can also weaken bones, while the lack of weight-bearing exercise hinders the capability to build and maintain bone strength.

THE MAJORITY OF CANADIANS GET LESS THAN HALF THE RECOMMENDED DAILY INTAKE OF CALCIUM.

STRONG BONES is there to help.

STRONG BONES uses Microcrystalline Hydroxyapatite - the most readily absorbable kind of calcium. Plus, it's formulated to create bone forming cells, increase healthy bone growth and reverse osteoporosis by forming new bone mass.

Osteoporosis is a concern for everyone.

Although usually associated with women, osteoporosis has increasingly become a concern for men as well. In fact, almost 30% of all hip fractures and up to 20% of vertebral fractures occur in men. Osteoporosis is insidious because you can't see or feel what's happening. Most people who have the disease don't know it until a bone breaks.

What makes for STRONG BONES?

Microcrystalline Hydroxyapatite

Microcrystalline Hydroxyapatite (MCHA) is the most readily absorbable kind of calcium, being identical to the form of calcium found in human bones. MCHA is an organic source of calcium unlike inorganic calcium that are mined from the ground. Organic compounds are produced by living entities. Inorganic compounds are produced by non-living processes or by human intervention in the laboratory. MCHA is also a source of rich minerals important for bone health, including magnesium and phosphorus. Calcium is essential for healthy bones and teeth. It will increase both bone growth and mineral density in children, and it can inhibit bone absorption of toxic metals such as lead.

Calcium

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Phosphorus

Phosphorus is vital for bone and tooth development and cell growth.

Protein

Protein is imperative for growth. It furnishes the body with energy and builds enzymes, tissue and hormones.

Magnesium

Magnesium is important in aiding calcium and potassium absorption.

Zinc

Zinc is vital for collagen formation and protein synthesis. It also helps with vitamin A & E absorption.

Manganese

Manganese is needed for bone growth, cartilage formation and in the production of synovial (lubricating) fluid in the joints.

Copper

Copper helps bone, connective tissue and collagen formation. Along with vitamin C and zinc it helps form elastin, the protein that makes up elastic tissue.

Boron

In a study conducted by the U.S. government (The Department of Agriculture), Boron was found to reduce the amount of calcium lost through the urine by 40% in only eight days. This dramatic figure underscores just how critical Boron is to preventing calcium loss and increasing bone density.

Horsetail (7% Silica)

Horsetail, because of its high silica content, hastens the repair of connective tissue, building strength and elasticity.

Vitamin C

Vitamin C is an antioxidant vital for tissue repair and growth.

Vitamin D3

Vitamin D3 (cholecalciferol) is the natural form of vitamin D. It is a requisite for the absorption of calcium and phosphorus which are both essential in the maintenance of bone health.

Vitamin B1

Vitamin B1 (thiamin) strengthens circulation, blood formation, carbohydrate metabolism and digestion. It is also an important antioxidant, protecting the body from the effects of aging.

Vitamin K

Vitamin K is critical for the synthesis of osteocalcin, a noncollagenous protein in bones which calcium crystallizes.

Glucosamine Sulfate

Glucosamine Sulfate is a natural component of cartilage that stimulates the production of connective tissue.

L-Lysine

Calcium deficiency contributes to age-related bone loss; consequently, any preventive approach to osteoporosis should include dietary Calcium adjustment or supplementation. The ideal Calcium supplement would yield the greatest bioavailability. Studies in animals have shown that dietary supplements with certain amino acids, particularly L-lysine, can increase Calcium absorption.

L-Proline

L-Proline is the amino acid necessary for the production of collagen and cartilage for healthy joints, ligaments and tendons. L-Proline helps maintain healthy skin by preventing the aging process of skin tissue, and supports DNA synthesis.

Suggested Use

Take 1-2 capsules before meals three times a day, or as directed by your health professional.

Warning

Do not take with anticoagulants or during the last 3 months of your pregnancy.

Keep out of reach of children.

References:

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