



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.

NEW ADVANCED FORMULA

Ingredients

6 vegetable capsules contain:

Microcrystalline hydroxyapatite (freeze-dried MCHA) 3600 mg

Providing:

Elemental calcium (MCHA) 900 mg
 Phosphorus (MCHA) 450 mg
 Protein (MCHA) 900 mg

Magnesium bisglycinate (725 mg)

Providing: Elemental magnesium 145 mg

Zinc (monomethionine) 9.3 mg

Manganese (citrate) 2.79 mg

Copper (citrate) 930 mcg

Boron citrate 4 mg

Vitamin B1 (thiamin HCl) 4.65 mg

Vitamin K2 (menaquinone 4) 83 mcg

Vitamin K2 (menaquinone 7) 10 mcg

Horsetail herb extract 7% (source of silica) 30 mg

Vitamin D3 (cholecalciferol) 1000 IU

Vitamin C (ascorbic acid) 186 mg

L-Lysine 300 mg

L-Proline 300 mg

Glucosamine sulfate (sodium-free) 252 mg

Vitamin B12 (methylcobalamin) 150 mcg

Folic acid (as folate) 500 mcg

Curcumin 95% curcuminoids 20 mg

Lutein 2 mg

Grape seed extract 95% proanthocyanidins 60 mg

Green tea 75% EGCG 42 mg

Lycopene 5 mg

Ingredients in this product have been verified for potency and identity, and certified free of heavy metals, pesticides, solvent residues and microbial contaminants using:

- Inductively Coupled Plasma Optical Emission Spectrometer (ICP-OES)
- HPLCs with Diode Arrays UV-VIS Detectors / Refractive Index Detectors
- Gas Chromatograph/Mass Spectrometer (GC/MS)
- UV/VIS Spectrophotometer
- Near-Infrared Spectroscopy (FT-NIR Spectrometer)
- Headspace Gas Chromatography (organic solvent residues)
- Disintegration

Strong Bones

Sold exclusively to finer health food stores
www.newrootsherbal.com/store

StrongBones

Discover a smarter way to healthy bones

THE NATURAL APPROACH TO PREVENTING OSTEOPOROSIS.



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; the lack of weight-bearing exercise can also hinder the ability to build and maintain bone strength.

THE MAJORITY OF CANADIANS GET LESS THAN HALF THE RECOMMENDED DAILY INTAKE OF CALCIUM. STRONG BONES IS HERE 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 **STRONG BONES** great?

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 is mined from the earth. 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 rich source of 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, and it will inhibit bone absorption of toxic metals such as lead.

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

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

Magnesium Bisglycinate — Magnesium plays a critical role in calcium absorption. The bonding of magnesium with two glycine molecules makes this form of magnesium bisglycinate the most easily absorbed and the best magnesium for a higher percentage absorption.

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

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

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 (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.

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 K2 (menaquinone 4 and 7) inhibits the formation of the cells within the bones (osteoclasts) that are responsible for bone resorption.

Silica-rich **horsetail** hastens the repair of connective tissue, building strength and elasticity.

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 C is an antioxidant that is also vital for collagen formation and the repair and growth 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 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.

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

Methylcobalamin (vitamin B12) — This coenzyme form of vitamin B12 has been identified as a modifiable risk factor in bone mineral density in research conducted at Tufts University.

Folic acid — Studies in both the U.S. & the Netherlands have shown that folic acid supplementation helps prevent bone fractures in the elderly.

Curcumin (95% curcuminoids) has a long history of use as an anti-inflammatory, and recent studies have shown its use in the battle against osteoporosis.

Lutein — A study at the Framingham Institute in Massachusetts involving 943 men and women discovered a direct correlation between higher intake of the carotenoids found in lutein and a lower incidence of hip fractures due to osteoporosis.

Grape seed extract (95% proanthocyanidins) has been shown to enhance bone density in animal trials.

Green tea extract (75% EGCG) — The chemicals found in green tea extract boost activity of the enzyme responsible for bone growth and mineralization, and discourage the activity of the cells that weaken bones (osteoclasts).

Lycopene — The phytochemicals found in lycopene protect bone-producing cells (osteoblasts) from oxidative stress.

Suggested Use

Take 1–2 capsules before meals three times a day or as directed by your health care practitioner.

Warning

Do not take with anticoagulants. Consult a health care practitioner prior to use if you have been diagnosed with estrogen-dependent cancer. Do not use if you are pregnant or breast-feeding.

Keep out of reach of children.

References

Watford M. 2008. "Glutamine Metabolism and Function in Relation to Proline Synthesis and the Safety of Glutamine and Proline Supplementation". *J. Nutr.* 138: 2003S–2007S

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Bonjour, JP (2005). "Dietary Protein: An Essential Nutrient For Bone Health." *Journal of the American College of Nutrition*, 24(6): 526S-536S.

