



Feel Better Lounge
RVA

Bone Health

- ◆ A specially formulated multi-vitamin to support bone tissue
- ◆ Includes vitamins, minerals, and extracts that target bone mass

What is Bone Health?

Bone is a dynamic tissue, with cells constantly overturning. Proper nutrition is necessary for maintenance and growth, including adequate calcium, and vitamin D. Individuals who receive these nutrients in abundance have a reduced risk of osteoporosis.

Most people will think of calcium first when hoping to improve bone health and reduce the risk of breaks. However, there are equally important nutritional synergists that Bone Health provides, including magnesium.

Magnesium is provided in a 1:1 ratio calcium—the optimal balance of these minerals. This formula does not contain copper, which can be associated with stomach upset.

Who Needs Bone Health?

Anyone who has been diagnosed with osteopenia or osteoporosis or suffers from frequent breaks will benefit from taking Bone Health. Those who are looking to slow down the bone loss associated with aging, or has a family history of osteoporosis, and certainly post-menopausal women and the elderly population stand to benefit from strengthening their bones with Bone Health.



Ingredients:

300 mg of calcium citrate (highly absorptive form of calcium)
120mg of vitamin C
10mcg of vitamin D3 (400 IU)
320 mcg of vitamin K1
3 mg thiamine (B1)
3.4 mg of riboflavin (B2)
20mg of niacinamide
6 mg of vitamin B-6
400 mcg of folic acid
12 mcg of vitamin B-12 (hydroxy form)
20 mg of pantothenic acid
300 mg calcium citrate
300 mg of magnesium malate and glycinate,
15 mg of zinc
5 mg of manganese
3 mg of boron, 100 mcg of silicon
30 mcg of Superoxide Dismutase (SOD)
30 mcg of catalase (antioxidant)

Dose: Take 2-3 capsules 3 times daily

*Those taking Coumadin/Warfarin or pregnant/lactating women should avoid Vitamin K.