

BONE HEALTH



Protecting and Strengthening Bones Naturally

It is estimated that worldwide, 1 in 3 women and 1 in 12 men over the age of 50 suffer from the bone-weakening disease known as osteoporosis. Osteoporosis occurs when there is an imbalance between bone reabsorption (bone breakdown) and bone formation. Bone is a living tissue that undergoes constant transformation. At any given moment, there are between 1-10 million sites where small segments of old bone are being broken down (reabsorbed) and new bone is being laid down to replace it. When more bone is being destroyed than new bone is being laid down, bone loss occurs.

Prescription drug therapy may be appropriate for those individuals with advanced bone loss. But before starting potentially dangerous drug therapy, patients need to be educated on the role proper nutrition plays in ensuring optimal bone health. There are at least 18 key bone-building nutrients essential for bone health. These include vitamins D, E, C, B-12, K, folic acid, and minerals including boron, calcium, magnesium, copper and zinc. By knowing the key nutrients for proper bone health, the majority of osteoporosis cases could be prevented. Good bone health is also dependent upon regular weight-bearing exercise, along with healthy habits such as not smoking, moderate alcohol and caffeine consumption, and minimal sugar consumption, especially sugared soft drinks.

Nearly 99% of the 1-1.5 kilograms of calcium in the body is located within the skeletal system as a complex with phosphorous known as hydroxyapatite. Microcrystalline hydroxyapatite concentrate (MCHC) is a complex crystalline compound composed primarily of calcium, phosphorous, organic factors, bone-derived growth factors and a full spectrum of trace minerals that naturally comprise healthy bone. MCHC, as featured in **Calcium & Magnesium Citrates**, has long been recognized as an optimal source of bone-building nutrients and is combined with magnesium, another essential mineral for bone health.



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