StrongBones

Discover a smarter way to healthy bones

- The natural approach to preventing osteoporosis and healing bone injuries
- Formulated for maximum absorption
- Also available in a boron-free formula

newrootsherbal.com
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.

StrongBones 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.

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.

The majority of Canadians get less than half the recommended daily intake of calcium. StrongBones is here to help.

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

What Makes StrongBones 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 nonliving 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 plays a critical role in calcium absorption. The bonding of magnesium with two glycine molecules makes
Magnesium bisglycinate is 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 the absorption of vitamins A and E.

Manganese is essential for bone growth, cartilage formation, and 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.

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 helpful boron is for preventing calcium loss and increasing bone density.

* Boron can exert a mild estrogenic effect. We have a boron-free formula to alleviate concerns of women with estrogen-dependent diseases.

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.

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

Studies in both the U.S. and 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 studies have shown its use in the battle against osteoporosis.
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.

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

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

References

Ingredients (per 6 vegetable capsules):

- Microcrystalline hydroxyapatite (freeze-dried MCHA) .......................................................... 3600 mg
- Calcium (from calcium hydroxyapatite) .................................................................................. 900 mg
- Phosphorus (from calcium hydroxyapatite) ........................................................................... 450 mg
- Protein (from calcium hydroxyapatite) ..................................................................................... 900 mg
- Magnesium (from magnesium bisglycinate) ........................................................................... 145 mg
- Zinc (from zinc monomethionine) ........................................................................................... 9.3 mg
- Manganese (from manganese [II] citrate) ................................................................................ 2.79 mg
- Copper (from copper [II] citrate) ............................................................................................ 930 mcg
- Boron (from boron citrate) ....................................................................................................... 3.36 mg
- Vitamin B1 (thiamin hydrochloride) ....................................................................................... 4.65 mg
- Vitamin K1 (menaquinone-4) .................................................................................................. 83 mcg
- Vitamin K2 (menaquinone-7) .................................................................................................. 10 mcg
- Field horsetail (Equisetum arvense), 7% silica ........................................................................... 30 mg
- Vitamin D3 ................................................................................................................................ 1000 IU = 25 mcg
- Vitamin C .................................................................................................................................. 186 mg
- Vitamin B12 (methylcobalamin) ............................................................................................ 150 mcg
- Folate (from calcium l-5-methyltetrahydrofolate) ................................................................. 500 mcg
- Lutein (from marigold) ............................................................................................................. 2 mg
- Lycopene ................................................................................................................................... 5 mg
- L-Lysine (l-lysine monohydrochloride) .................................................................................... 300 mg
- l-Proline ..................................................................................................................................... 300 mg
- Glucosamine sulfate (crab/shrimp exoskeleton, stabilized with potassium chloride) ........ 252 mg
- Turmeric (Curcuma longa) root extract, 95% curcuminoids, providing curcumin, demethoxycurcumin, and bisdemethoxycurcumin ................................................................. 20 mg
- Grape (Vitis vinifera) seed extract, 95% proanthocyanidins ................................................... 60 mg
- Green tea (Camellia sinensis) leaf extract, 75% EGCG ........................................................... 42 mg

* From New Zealand cattle. Guaranteed free of bovine spongiform encephalopathy (BSE) and recombinant bovine growth hormone (rBGH).

Other ingredients: Microcrystalline cellulose, natural peppermint flavour, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

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Suggested use:
Adults: Take 2 capsules one to three times daily with food or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

Manufactured under strict GMP (Good Manufacturing Practices).