• The natural and vegetarian approach to help prevent osteoporosis and heal bone injuries
• Formulated for maximum absorption
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.

Vegetarian StrongBones is 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. Vegetarian StrongBones is here to help.

Vegetarian StrongBones helps build and maintain stronger bones. It contains the best vegetarian 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 Vegetarian StrongBones to deliver natural nutrients for stronger, healthier bones.

What Makes Vegetarian StrongBones Great?
It delivers 1000 mg of calcium and 472.23 mg of phosphorus per daily dosage in the form of tribasic calcium phosphate.

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.

Magnesium plays a critical role in calcium absorption. The bonding of magnesium with two glycine molecules makes 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 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.

Vitamin B$_1$ (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$_2$ (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 D$_3$ (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 (from glucosamine hydrochloride) is a critical nutrient for the growth and repair of cartilage that stimulates the production of connective tissue.

Methylcobalamin (vitamin B$_{12}$), the coenzyme form of vitamin B$_{12}$, 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.

Turmeric (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 9 vegetable capsules):

- Calcium (from calcium phosphate, tribasic) 1000 mg
- Phosphorus (from calcium phosphate, tribasic) 472.23 mg
- L-Lysine 500 mg
- L-Proline 300 mg
- Glutamine hydrochloride (from Aspergillus Niger) 252 mg
- Magnesium (from magnesium bisglycinate) 270 mg
- Vitamin C 186 mg
- Grape (Vitis vinifera) seed extract, 95% proanthocyanidins 60 mg
- Green tea (Camellia sinensis) leaf extract, 75% EGCG 42 mg
- Field horsetail (Equisetum arvense) aerial parts extract, 7% silica 30 mg
- Turmeric (Curcuma longa) root extract, 95% curcuminoids, providing curcumin, demethoxycurcumin, and bisdemethoxycurcumin 22.5 mg
- Zinc (from zinc monomethionine / de monomethionin de zinc) 9.27 mg
- Lycopene (from Lycopersicon esculentum fruit) 5 mg
- Vitamin B1 (thiamine hydrochloride) 4.65 mg
- Boron (from boron citrate) 3.36 mg
- Manganese (from manganese citrate) 500 mcg
- Lutein (from Tagetes erecta oleoresin) 2 mg
- Copper (from copper citrate) 930 mcg
- Folate (from calcium l-5-methyltetrahydrofolate) 500 mcg
- Vitamin B6 (methylcobalamin) 150 mcg
- Vitamin K (from menaquione-4 and menaquinone-7) 95 mcg
- Vitamin D3 25 mcg (1000 IU)

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

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Suggested use:

Adults: Take 3 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. Consult a health-care practitioner for use beyond 12 weeks.

Manufactured under strict GMP (Good Manufacturing Practices).