



## Bone Support Pro

Synergistic Blend of Calcium,  
Magnesium and Vitamin D  
180 TABLETS

### BONE SUPPORT PRO

#### DESCRIPTION

Bone Support Pro tablets provide 750 mg of elemental calcium from a calcium citrate/ascorbate complex, together with significant amounts of magnesium from an aspartate/ascorbate complex, as well as vitamin D-3. Other nutrients are also included to assist the body in maintaining healthy bone structure.

#### FUNCTIONS

The adult human body contains approximately 1,200 g of calcium, about 99% of which is present in the skeleton, and 20-30 g of magnesium with about 60% located in bone. Bone is constantly turning over, a continuous process of formation and resorption. In children and adolescents, the rate of formation of bone mineral predominates over the rate of resorption. In later life, resorption predominates over formation. Therefore, in normal aging, there is a gradual loss of bone.

Intestinal calcium absorption ranges from 15 to 75% of ingested calcium. Vitamin D is a key regulatory hormone for calcium and bone metabolism. Adequate vitamin D status is essential for ensuring normal calcium absorption and maintenance of healthy calcium plasma levels. Magnesium absorption is independent of vitamin D status and ranges from 30 to 60% of ingested magnesium.

Osteoporosis, a condition of reduced bone mineral density that can increase risk of fractures, affects a large proportion of the elderly in developed countries. Caucasian and Asian women typically have low peak bone densities, and therefore, are at the greatest risk of developing osteoporosis. It is generally accepted that obtaining enough dietary calcium throughout life can significantly decrease the risk of developing osteoporosis. Among other factors, such as regular exercise, gender and race, calcium supplementation during childhood and adolescence appears to be a prerequisite for maintaining adequate bone density later in life. But even elderly osteoporotic patients can benefit significantly from supplementation with dietary calcium.

Bone Support Pro provides a highly beneficial source of dietary calcium together with other nutrients that assist in the maintenance of healthy bone structure and function. For example, boron affects the composition, structure, and strength of bone. It appears to be necessary for calcium and magnesium absorption, their adequate renal reabsorption, and their incorporation into the bone matrix. Boron is absorbed at about 90% efficiency and is rapidly distributed among the tissues.

#### INDICATIONS

Bone Support Pro may be a useful dietary supplement for those who wish to increase their intake of calcium and other nutritional factors for maintaining good bone health.

#### Supplement Facts

| Serving Size 3 Tablets<br>Servings Per Container (60)         |         |      |
|---|---------|------|
| Amount Per Serving  |         | %DV  |
| Vitamin C.....  | 150 mg  | 250% |
| Vitamin D-3.....  | 75 I.U. | 19%  |
| Calcium.....  | 750 mg  | 75%  |
| <small>(from Calcium Citrate Ascorbate Complex)</small>       |         |      |
| Magnesium.....  | 375 mg  | 94%  |
| <small>(from Magnesium Aspartate / Ascorbate Complex)</small> |         |      |
| Boron.....  | 3 mg    | *    |
| <small>(from Boron Citrate Complex)</small>                   |         |      |
| Glutamic Acid.....  | 120 mg  | *    |
| <small>(from 150mg Glutamic Acid HCl)</small>                 |         |      |

\*Daily Value not established.

Other ingredients: Cellulose and vegetable stearate.

#### SUGGESTED USAGE:

As a dietary supplement, adults take 3 tablets, daily or as directed by healthcare professional.

This product is specially formulated with acidic ingredients.

This product contains NO yeast, wheat gluten, soy protein, milk/dairy, corn, sodium, sugar, starch, artificial coloring, preservatives or flavoring.

#### KEEP OUT OF REACH OF CHILDREN

For optimal storage conditions, store in a cool, dry place. (59°-77°F - 15°-25°C) (35%-65% relative humidity).

Manufactured by: DOUGLAS LABORATORIES  
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Tamper resistant package, do not use if outer seal is missing.

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