

BONE SUPPORT

Multi-nutrient formula to support bone health

P331



VEGAN

VEGETARIAN

Bone Support is specifically tailored to support bone health and bone mineral density. It provides calcium (from calcified seaweed) along with other important nutrients including magnesium, and vitamins D3 and K2. Boron has been included in this product as it is an important trace mineral involved in the maintenance of healthy bone tissue.

- **Calcium** – our wholefood calcium is an organic multi-mineral seaweed product harvested from Atlantic waters off Ireland's Southwest coast, along with 74 naturally occurring minerals. Calcium is needed in the development and maintenance of bone structure and rigidity.
- **Magnesium** - aids bone growth and is necessary for the proper functioning of muscles. Magnesium is important to the structure of bone with 55-60% found in the bone. Magnesium regulates the transport and metabolism of calcium.
- **Boron** - an important trace mineral because it is essential for the growth and maintenance of bone.
- **Vitamin K2** - as MK-7, the most bio-effective form.

Product Information:

60 capsules = 30-60 days supply

Permitted Health Claims:

Please refer to pages 46-53

Suitable for:

Men, women, and children (aged 12 years and over)

Form:

Capsule



Bone Support

2 capsules provide on average:

Active Nutrient	Strength	%NRV+
Calcium (from calcified seaweed)	150mg	19
Magnesium	150mg	40
Boron	3mg	*
Vitamin K2 (MK-7)	60µg	80
Vitamin D3	30µg	600

Also contains trace amounts of 74 minerals from the calcified seaweed.

+NRV = Nutrient Reference Value

* Indicates no NRV

Ingredients: Magnesium (as magnesium citrate), *Lithothamnium calcareum* providing calcium and magnesium, boron (as di-sodium tetraborate), vitamin D3 (cholecalciferol), microcrystalline cellulose, ascorbyl palmitate, silicon dioxide, vitamin K2 (MK-7) hydroxypropyl methylcellulose (capsule shell).

Suggested Intake: 1-2 capsules daily as a food supplement, or as directed by your practitioner.

Allergen Advice: None.

Contraindications: None.

Storage: Keep cool, dry & out of direct sunlight.

