

BONE HEALTH

Protecting and strengthening bones naturally

It is estimated that worldwide, one in three women and one 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 one and 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 destroyed than new bone laid down, bone loss occurs.

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 keys for proper bone health, the majority of osteoporosis cases could be prevented. Good bone health is 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 percent of the 1-1.5 kilograms of calcium in the body is located within the skeletal system as a complex with phosphorous called 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, which is found in our product Calcium & Magnesium Citrates, has long been recognized as an optimal source of bone-building nutrients.

Recently, the trace mineral strontium has been used to help maintain strong bone tensile strength. Strontium supports healthy bone-building activity. While strontium supports strong bones, it competes with calcium in uptake through the calcium transport mechanisms. So while taking strontium, adequate calcium should be maintained as well. However, strontium should not be taken at the same time as calcium.

It is fairly well-documented that low levels of vitamin K are directly related to reduced bone mineral density and increased risk for osteoporotic fractures in women. Magnesium deficiency is often associated with decreased bone density, with two-thirds of the magnesium in the body located within the bones. Finally, vitamin D has been recognized as absolutely essential for maintaining proper calcium levels in the body and supporting healthy bone composition.

Ask our nutritional team for recommendations to help you protect and strengthen your bones naturally.

- Calcium & Magnesium Citrates
- Strontium Citrate 200 mg
- Vitamin D 5000 IU
- Magnesium Chelate 400 mg
- Vitamin K2

Quality of Life
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