

Bone Support Vegetarian

Bioavailable Mineral Complex to Support Healthy Bones*

Bone Support Vegetarian Supplementation

Bone Support Vegetarian is a highly bioavailable formula that promotes healthy bones.* Calcium and magnesium work together to help support strong bones, while potassium supports the maintenance of bone health.*

Clinical research cited herein suggests the benefits of Bone Support Vegetarian supplementation may include:

- Supports healthy bone function and integrity*
- Supports bone tissue health*
- Supports healthy teeth*
- Supports healthy osteoblasts and osteocytes*
- Supports bone growth factors and peptides*

How Bone Support Vegetarian Works

Clinical studies show calcium, magnesium, and potassium, when consumed together, promote healthy bone-related metabolic processes via cellular ionic balance.*^{1,2}

Bioavailable forms of calcium promote healthy bone metabolism and bone development.*³ When blood calcium levels drop below normal, calcium is released from the bone matrix to provide an adequate supply for metabolic needs.⁴ Over time, this can lead to weakened bones. Supplementation with calcium is shown to support healthy bone integrity.*⁵

Calcium also helps the body absorb magnesium to support healthy bone mineralization and muscle function.* Magnesium supports cellular ionic balance, which is critical for bone health, by acting on the healthy crystal formation of bone cells.*^{6,7} This process supports the healthy secretion of parathyroid hormone, which is responsible for promoting healthy osteoblasts and osteocytes.*^{8,9}

The anion in dietary potassium plays a critical role in supporting bone health by neutralizing metabolic acids to conserve calcium in the body.*¹⁰ Clinical studies also show dietary potassium promotes healthy bone and specifically supports a healthy lumbar spine.*^{11,12,13}



How Bone Support Vegetarian Works Continued

Why Use Bone Support Vegetarian?

Patients who may benefit from using NutriDyn's Bone Support Vegetarian include aging populations, postmenopausal women, those experiencing gastrointestinal issues, and individuals looking for support with nutrient absorption.*

The intercellular matrix of bone contains large amounts of calcium salts integral to supporting bone health.*¹⁴ Research shows magnesium supplementation supports healthy bone integrity, which is needed to promote strong bones.*⁸ Potassium is critical to overall bodily systems, including supporting healthy bone.*¹¹ Together, these three nutrients provide evidence-based support for bone health.*

Supplement Facts

Serving Size: 2 Capsules

Servings Per Container: 125

	Amount Per Serving	%DV
Calcium (as calcium citrate, calcium malate, calcium lysinate, and calcium aspartate)	120 mg	9%
Magnesium (as magnesium malate, magnesium citrate, magnesium aspartate, magnesium glycinate, and magnesium lysinate)	130 mg	31%
Potassium (as potassium citrate and potassium malate)	80 mg	2%

Other Ingredients: Hypromellose, vegetable magnesium stearate, microcrystalline cellulose.

Directions: Take one or two capsules three times daily with food as a dietary supplement or as directed by your healthcare practitioner.

Caution: If pregnant, nursing, or taking medication, consult your healthcare practitioner before use. Keep out of reach of children.

References:

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* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

For more information, visit: www.nutridyn.com