



Bone Health

Improve bone health by increasing bone strength and bone mineral density. The plant-based minerals and vitamins found in BoneSure and MK7 with D3 Drops help to re-mineralize the bone matrix and reduce the risk of developing osteoporosis.

Remedy	Dose	Daily Directions
BoneSure	2 capsules	two times a day
MK7 with D3 Drops	1 drop	once a day

BONESURE

Recommended dosage (adult): 2 capsules two times daily. Safe to use long term.

Bone Health Benefits: BoneSure contains a combination of plant-based minerals (from marine algae *Lithothamnion corallioides*), vitamins (C, D, K), boron, and trace elements to provide full-spectrum remineralization and bone health. It works to improve bone structure and function through increasing bone mineral density, bone strength, and healthy bone formation.^{1,2,3,4} When combined with a healthy diet and physical activity, it can reduce the risk of developing osteoporosis^{5,6,11,12} and improve bone health in peri-menopausal and menopausal women.^{7,8,9,10,13}

Additional benefits include collagen and tissue formation to maintain healthy bones, cartilage, teeth, and gums.

BoneSure bone health benefits include:

- Increase bone mineral density^{1,2,3}
- Improve bone strength and structure²
- Support healthy bone formation and function^{1,4}
- Reduce the risk of developing osteoporosis^{5,6,11,12}
- Improve bone health in peri-menopausal and menopausal women^{7,8,9,10,13}

Key features: Increase bone mineralization and bone mineral density, plant-sourced multi-mineral, contains 76 naturally occurring trace minerals, high absorption and bioavailability, increase bone and collagen formation, improve bone health in peri-menopausal and menopausal women, reduce risk of developing osteoporosis.

MK7 WITH D3 DROPS

Recommended dosage (adult): 1 drop once daily. Safe to use long term.

Bone health benefits: MK7 with Vitamin D3 is a combination of vitamin K2 (MK7, menaquinone 7) and vitamin D3 to maintain bone health^{3,4,10,13} and improve calcium absorption and binding into the bone matrix. Vitamin D is specifically required for absorption and utilization of phosphorus and calcium, two important components of bones. When vitamin D3 is combined with a healthy diet and physical activity, it can reduce the risk of developing osteoporosis.^{11,12}

Key features: Maintain healthy bones, improve calcium and phosphorus absorption for bone health, reduce the risk of developing osteoporosis, prevent vitamins D and K deficiency.