



Rebuild Bone Density & Osteoporosis

Improve bone health by increasing bone strength and bone mineral density. The nutrients found in BoneSure, MK7 with D3 Drops, and BasicTab increase bone mineral density and reduce the risk of developing osteoporosis.

Osteoporosis (brittle bones) is a condition where there is an impaired metabolism of the inorganic and organic bone mass. Increased acidification of the tissues can reduce bone mineral density, where calcium and other minerals from drawn from the bones and muscles to buffer the excess of acid (hydrogen ions), contributing to calcium and mineral loss from the bones.

Remedy	Dose	Daily Directions
BoneSure	2 capsules	two times a day
MK7 with D3 Drops	1 drop	once a day
Basictab	2 tablets	twice daily on an empty stomach with warm water

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}

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.

BASICTAB

Recommended dosage (adult): 2 tablets twice daily. Take with warm water on an empty stomach. Use for three to six months.

Bone health benefits: Osteoporosis is a condition where there is an impaired structural metabolism of the inorganic and organic bone mass. According to European Biological Medicine, metabolic acidosis (over-acidification) of the tissues causes bone cell dysfunction and reduces bone mineral density.¹⁴ The bones serve as the mineral reservoirs in the body, providing a protective function to maintain normal systemic pH levels.¹⁴ When over-acidification occurs, calcium and other minerals from drawn from the bones and muscles to buffer the excess of acid (hydrogen ions), contributing to calcium loss from the bones.¹⁵

Alkaline therapy with NaHCO₃ (sodium bicarbonate) increases serum bicarbonate levels in the blood.¹⁶ Recommendations to reverse metabolic acidosis and restore normal pH levels include alkaline therapy, a diet high in alkaline foods, and a reduced protein diet.^{17,18} These recommendations are beneficial in addressing the root cause of osteoporosis.¹⁹

Key features: Rebalance acid-base and proper tissue pH levels, decrease inflammation, support bone health.