

What Nutrients do I Need for Optimal Bone Health?

It's important to feed your body the nutritional factors that support bone health. So what nutrients do you need? For most people, calcium and vitamin D are the first two nutrients that come to mind. You need to be sure you are getting enough calcium and vitamin D each day. Your body also needs other nutrients like vitamins A, C, and K, magnesium, phosphorus, manganese, amino acids, and enzymes for building bone.

These Standard Process products provide your bones with the important nutrients needed to support the health of your bones—no matter what stage you are in life.



Depending on age and individual physical condition, each person's nutritional needs differ. It is important to have an evaluation by your health care professional to determine which supplements and diet or exercise modifications are appropriate.

Calcifood® or Calcifood® Powder—Bone is specialized tissue formed from much more than calcium. To build bone properly, you need to supply your body with all the vitamins, minerals, proteins, and enzymes found in bone. Calcifood is a unique product that contains these nutritional components to help your body build strong, healthy bones.*

Cataplex® D—Vitamin D is important in moving the ionized calcium from your intestinal tract into the blood. Cataplex D contains vitamin D plus other important nutrients to help maintain a healthy blood-calcium level.*

Cruciferous Complete™—Vitamin K is very important in moving calcium from the blood into the bone. Vitamin K is found in dark green, leafy vegetables like kale and Brussels sprouts. Cruciferous Complete™ is a whole food supplement containing organic kale and Brussels sprouts for those who do not eat these important foods.*

Cataplex® C—Vitamin C is crucial for optimal collagen (bone protein) formation. Together, calcium and collagen form a durable and flexible living tissue—bone. Cataplex C is comprised of whole food vitamin C sources, so you not only receive ascorbic acid, but all the natural vitamins, minerals, and amino acids that are part of the whole food complex.*

Ostrophin PMG® and/or Biost®—The natural bone proteins and other organic factors that naturally occur in bone are important for optimal bone health. Both products contain veal bone PMG™ to maintain bones in a good state of health to support healthy bone function.*

*These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

Quality

From Seed to Supplement®

At our office, we believe that given the proper nutrition, your body has the amazing capability of keeping itself healthy. We also believe that nutrition should be individualized to meet each patient's needs.

For these reasons and many more, we proudly recommend Standard Process whole food supplements.



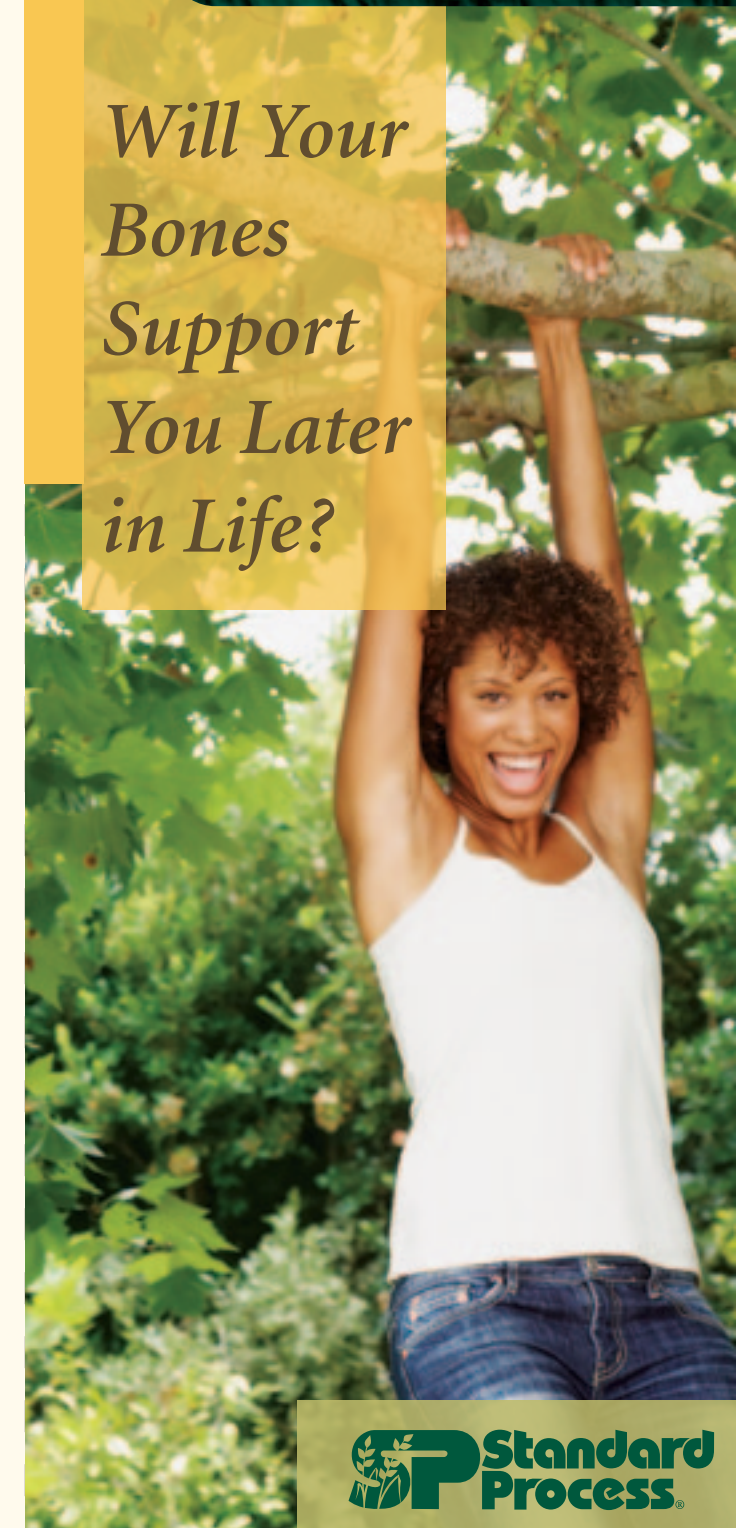
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30% PCW

Will Your Bones Support You Later in Life?



Bone Health is a Life-Long Process

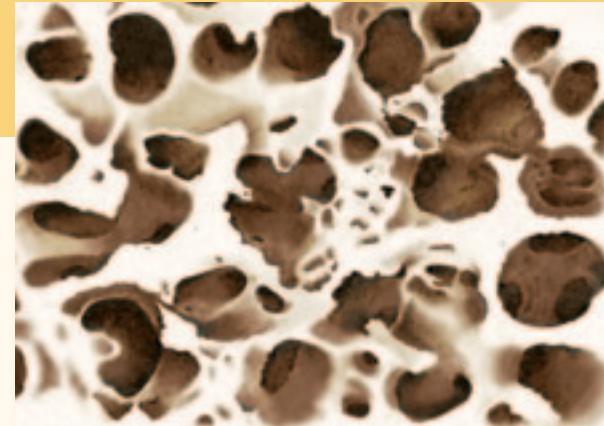
Supplying your bones with the proper nutrients throughout life is essential to the quality of your life and the health of your bones.



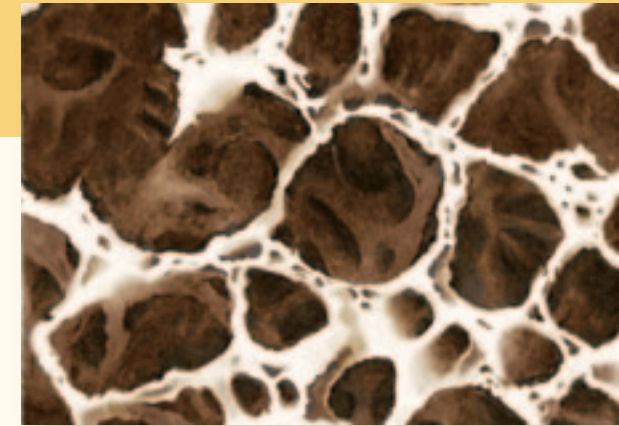
Bones Weaken With Age

As our bones become weaker as we age, they are less able to support us, especially if we haven't supplied our bones with the proper nutrients throughout our life.

Support your bones with healthy nutrition now, so they can support you later in life.



Normal, Strong Bone Structure



Osteoporotic Bone Structure—
weakened, disconnected, & thin

Childhood & Adolescence

You can set healthy bone habits for life when you start kids off on the right foot. Peak bone creation takes place during adolescence when 40 percent of your total lifetime bone mass is accumulated. So focusing on instilling healthy habits, like proper calcium intake, may help protect children from fractures, and set the stage for improved bone health in later years.



Pregnancy & Lactation

If mom's nutrient intake is insufficient, her baby will draw nutrients from her bones. It is crucial that pregnant and lactating women supply their bodies with essential bone-building nutrients; otherwise they can put themselves at risk.



Mid-Life (30s – 50s)

Since your body reaches peak bone mass during your late twenties, you must focus on maintaining it. To keep your bone structure strong, your body is constantly breaking down old bone and building new bone. It is absolutely critical to feed your body the nutrients it needs to complete this process.



Late-Life (50+)

Your calcium needs become greater as your ability to absorb calcium decreases. Again, one of the best things you can do for yourself is to supply your body with the nutritional factors that support bone health.

