

Strontium Max



Clinical Applications

- Boosts Ability to Absorb Calcium*
- Supports Bone Formation and Regulates Bone Breakdown*
- Improves Resistance to Fractures*
- Supports a Healthy Alkaline State*

Strontium Max provides 300mg of strontium, a mineral element important for the normal structure and function of the skeletal system. Nearly all strontium in the body occurs in bones, teeth, and connective tissue. Strontium supports strength of hydroxyapatite crystals in calcified tissues such as bones and teeth. Clinical studies show it supports bone metabolism by stimulating new bone formation and decreasing bone resorption. Strontium citrate is a stable, nonradioactive form of strontium that can be used as a dietary supplement to support bones, teeth, and connective tissues.*

All Absolute Health Formulas Meet or Exceed cGMP Quality Standards

Discussion

This product provides strontium, an important mineral that exerts multiple benefits on bones, teeth, and collagen. While strontium is found in soils, ocean water, and certain foods like fish and whole grains, the levels vary widely, and dietary intake may not be optimal to support bone nutrition. To provide a safe and convenient way of enhancing dietary intake, this product supplies 300 mg of strontium in each vegetarian capsule as a stable, bioavailable citrate form.

Strontium plays an important role in supporting the normal structure and function of the skeletal system. Nearly all strontium in the body occurs in bone, teeth, and connective tissue. Strontium supports the strength of the bone mineral matrix that gives rigidity and density to calcified tissues such as bones and teeth. Research shows that strontium has a unique dual ability to decrease bone resorption (the breakdown of the bone mineral matrix), while enhancing bone formation. Strontium provides these supportive effects by inhibiting the activity of osteoclast cells responsible for removing minerals from bone, while inducing the activity of osteoblast cells that form and maintain bone. Strontium may also support bone growth by promoting the production of collagen and other bone matrix proteins.

Strontium citrate has one more bone-friendly benefit. Citrate helps produce a more alkaline pH in the body. This is important because low-grade metabolic acidosis—an overly acidic pH caused by an ultra-high protein diet—is common among North Americans and promotes bone loss. Strontium, in the form of strontium citrate supplement, will help you maintain a more alkaline pH. An alkaline pH also helps improve the health of your hair, skin, and nails. Plus, it promotes good digestive health, which can help with proper absorption of vitamins and minerals. Strontium is intended for men and women needing additional nutritional support for bones.

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 100

Amount Per Capsule

Strontium (as strontium citrate)	300 mg*
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*Daily Value not established.

Other ingredients: Vegetarian capsule (hydroxypropyl methylcellulose, water), L-leucine, cellulose, and silicon dioxide.



Directions

Take 1 or 2 capsules daily, with or between meals. For best results, take separately from calcium-containing food or supplements as strontium and calcium compete for absorption sites within the intestinal tract.

Consult your healthcare provider prior to use. Do not use if tamper seal is damaged.

This product was made in a GMP and ISO 9001:2008 registered facility.

Does Not Contain

Milk/casein, eggs, fish, shellfish, tree nuts, peanuts, wheat/gluten, corn, yeast, and soybeans. Contains no artificial colors, flavors, or preservatives.

*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.

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