



COMPLETE BONE HEALTH\*  
RESTORE HORMONE BALANCE  
EVIDENCE-BASED NUTRITION



### WHY YOU NEED BONE SHIELD

**Bone Shield**, an exclusive nutritional formula, provides 19 uniquely balanced, energized, and alkalizing bone builders.\* It is also your most complete, fully active, comprehensive mineral supplement.\*

The National Osteoporosis Foundation says that today 52 million Americans have osteoporosis and low bone mass. By 2025, osteoporosis is predicted to be responsible for approximately 3 million fractures a year.\*

Consider the following avoidable outcomes:

- One in two women over age 50 will break a bone due to osteoporosis.\*
- One in four men will develop an osteoporosis-related fracture.\*

Lifestyle factors, such as smoking, diet, and exercise, affect bone health and may lead to osteoporosis.\*

### BONE SHIELD SUPERIORITY

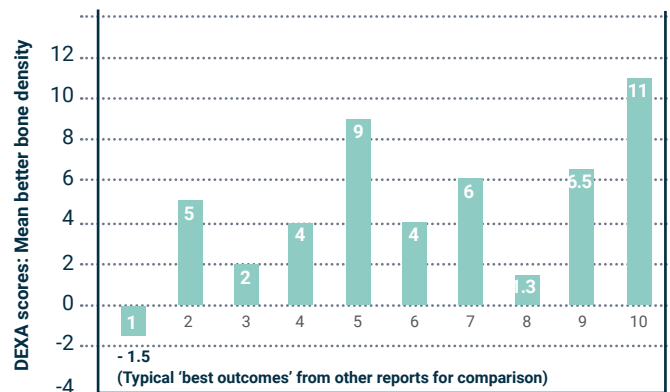
**Bone Shield** provides 19 fully potent, transporter-energized, bioactive, bone-building nutrients in forms the body can fully use.\* Consider the following:

- Calcium is one of the most clinically studied nutrients for bone health. **Bone Shield** provides six distinct, fully soluble, completely ionized forms of calcium for maximum benefit.\*
- Magnesium deficiencies are a major reason for calcium and bone loss and may contribute to brittle bones.\*

**Bone Shield** contains 500 mg. of magnesium in six fully soluble, completely ionized forms for optimal action.\*

- Boron plays an important role in calcium and magnesium metabolism. It also works with vitamin D3 to boost the body's uptake of calcium.\*
- Zinc promotes bone mass by influencing hormonal action.\*
- Strontium improves bone mineral density.
- Vitamin K1 and K2 have been shown to reduce the incidence of fractures.

### DEXA Scores: Bone Shield & the Alkaline Way Enhances Bone Density in Just Two Years



Better Bone Density in Alkaline Way / Bone Shield Users

Now with biotin and iodine in addition to l-selenomethionine, chromium citrate and vanadium citrate, **Bone Shield** is an even more complete mineral and enhanced bone support formulation. This vegetarian, allergen-free formula provides a unique, complete, better bone-building agent. Each ingredient is 100% soluble, ionized, and fully bioactive.\*

### IMPROVE BONE HEALTH

Just as specific dietary and lifestyle factors promote bone health and protect against osteoporosis, other factors can also increase loss of bone mass, including:

- **Sodium** pulls large amounts of calcium into the kidneys, where it is subsequently excreted through the urinary tract.\*
- **Protein**, in excess of 60 grams per day, promotes the loss of calcium and other vital minerals through the urine.\*
- **Caffeine-containing drinks** have been found to trigger the loss of calcium through the kidneys and intestines.\* Research indicates that a lifetime daily consumption of two or more cups of caffeinated coffee or soda is linked with a reduction in bone density.\* The more of these beverages one ingests, the greater the loss.\*
- **Alcohol and tobacco** can also damage the bones.\* Heavy drinkers appear to be at higher risk of osteoporosis; they are also more susceptible to falls and other accidents.\* Heavy smokers typically have less bone density than non-smokers.\*

FOUR (4) BONE SHIELD TABLETS PROVIDE	
19 ENERGIZED, BONE-BUILDING ELEMENTAL MINERALS AND NUTRIENTS**	
Vitamin C (100% l-ascorbate, fully reduced, corn free)	200 mg
Vitamin D-3 (as cholecalciferol)	10 mcg
Vitamin K-1 (as phyloquinone)	750 mcg
Vitamin K-2	250 mcg
Biotin	250 mcg
Calcium (as acetate, glycinate, succinate, malate, fumarate, and citrate)	500 mg
Magnesium (as acetate, glycinate, succinate, malate, fumarate, and citrate)	500 mg
Zinc (as citrate)	10 mg
Manganese (as citrate)	15 mg
Chromium (as citrate)	250 mcg
Selenium (as 100% l-selenomethionine)	250 mcg
Copper (as sebecate)	1 mg
Iodine	3 mg
Iodide (as potassium iodide)	150 mcg
Boron (as citrate)	6 mg
Vanadium (as citrate)	250 mcg
Silica (from magnesium trisilicate from horse tail/equisetum)	10 mg
Strontium (as citrate)	50 mg
Vegetable fiber (organic croscarmellose)	400 mg
Other Ingredients: None	
<b>WARNING</b> Pregnant and nursing mothers need to check with their health professional before taking supplements.	<b>TYPICAL DOSAGE</b> As a dietary supplement, take four (4) tablets daily in divided doses with meals or as directed by your health professional.  Healthy bone maintenance . . . . . 2-4 tabsules/day Family or personal osteoporosis risk . . . . . 4-6 tabsules/day Repair or known osteoporosis . . . . . 6-8 tabsules/day  <b>Available in bottles of 240 tablets.</b>
<b>**All forms of the above minerals and nutrients are used in clinical bone studies with proven results.</b>	

### 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.