

# CLINICAL PROTOCOLS

## BONE SUPPORT

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*A Suggested Nutritional Protocol for Bone Support*

### **O.S.T.S. Support Formula™**

A comprehensive multivitamin mineral base with additional ingredients targeted specifically for individuals looking for additional bone support. Additional ingredients include strontium, hesperidin and additional calcium.

**Suggested usage:** *Two tablets twice daily with meals.*

### **Vitamin D 1000 IU**

Vitamin D promotes the absorption and balance of calcium and phosphorous in the body, strengthens the bones and teeth and also fosters normal muscle contraction and nerve function.

**Suggested usage:** *One tablet daily with food.*

### **Bonistein™-Max**

This unique bone support formula provides pure Genistein (not an isoflavone extract), so its benefits are more fully realized. It is a patent-pending blend of pure genistein, vitamin D3, vitamin K and omega-3 fatty acids from ultra pure fish oil to help maintain bone health.

**Suggested usage:** *Two soft capsules daily.*

### **Strontium (Pure Encapsulations)**

Each citrate filled vegetarian capsule contains 227mg of strontium. This trace element should not be taken within 2 hours of a calcium supplement or calcium-containing food.

**Suggested usage:** *One to three capsules daily, without food, with water.*

## COMPLETE BONE SUPPORT

### **Bone Health Convenience Pack**

This product has been specifically designed for individuals who wish to increase their intake of calcium and other nutritional factors for maintaining the optimal structure and functions of their bones.

Each pack contains 4 Ultra Preventive® X, 3 Cal-6 + Mg™, 2 Bonistein™ -Max

**Suggested usage:** *One packet daily.*

