NutriDyn®

Bone Support

Enhanced Support for Healthy
Bone Function & Integrity♦

Bone Support Supplementation

NutriDyn Bone Support is a natural dietary supplement formulated with microcrystalline hydroxyapatite concentrate, providing bioavailable calcium and phosphorus for supporting bone function, bone integrity, teeth, and other physiological processes.♦[1] This supplement also features an evidence-based dose of vitamin D3 (as cholecalciferol) to support bone mineral density and calcium absorption.♦

Clinical research cited herein suggests the benefits of Bone Support supplementation may include:

- Supports bone function and integrity♦
- Supports healthy teeth♦
- Supports healthy calcium levels and absorption♦
- Supports healthy vitamin D status♦

GLUTEN-FREE
DAIRY-FREE
NON-GMO
cGMP FACILITY

How Bone Support Works

Bone Support is formulated with the optimal form of calcium for the body, from MCHC.♦[4] Bones contain more calcium than any other organ in the human body (about 99% of the calcium in the body is stored in bones). The intercellular matrix of bone contains large amounts of calcium salts, the most important of which is calcium phosphate.

When blood calcium levels drop below normal, calcium is released from the bone matrix to provide an adequate supply for metabolic needs (such as muscle and nerve function). Over time, this can lead to weakened bones and possibly osteoporosis.

Bone Support is also complemented with vitamin D3 to support calcium and phosphorus absorption as well as healthy bone mineralization.♦[2]

A recent scientific report based on food supply and composition estimates that as much as 70% of the U.S. population is at risk of calcium deficiency.[1] Calcium deficiency, especially in older individuals, can significantly increase the risk of osteoporosis and bone fractures. Naturally, getting enough calcium every day is increasingly important as we age.

How Bone Support Works Continued

Why Use Bone Support

The MCHC in Bone Support has been studied extensively over the past three decades, with findings showing it can help support healthy calcium status and bone tissue health.♦[3] This formula also contains vitamin D3, which has synergistic actions with calcium and phosphorus for supporting bone mineral density and bone remodeling.♦

MCHC contains the optimal calcium for bones, bone growth factors, and peptides, such as collagen. It is suggested that MCHC helps support osteoblasts (cells that promote bone growth) and osteocytes (bone cells).♦[4]

Supplement Facts

Serving Size: 2 Capsules
Servings Per Container: 90

	Amount Per Serving	%DV*
Vitamin D3 (cholecalciferol)	50 mcg (2,000 IU)	250%
Calcium (as microcrystalline hydroxyapatite calcium)	418 mg	32%
Phosphorus (as microcrystalline hydroxyapatite calcium)	190 mg	15%
Microcrystalline Hydroxyapatite Calcium	1.9 g	**

Other Ingredients: Hypromellose, vegetable stearic acid, vegetable magnesium stearate.

Directions: Take two capsules once daily. Do not exceed recommended dosage unless directed by your healthcare practitioner.

Caution: If you are pregnant, nursing, or taking medication, consult your healthcare practitioner before use. Keep out of reach of children.

References:

1. Kumssa, D. B., Joy, E. J., Ander, E. L., Watts, M. J., Young, S. D., Walker, S., & Broadley, M. R. (2015). Dietary calcium and zinc deficiency risks are decreasing but remain prevalent. *Scientific reports*, 5, 10974.
2. Christakos, S., Dhawan, P., Porta, A., Mady, L. J., & Seth, T. (2011). Vitamin D and intestinal calcium absorption. *Molecular and cellular endocrinology*, 347(1-2), 25-29.
3. Bristow, S. M., Gamble, G. D., Stewart, A., Horne, L., House, M. E., Aati, O., ... & Reid, I. R. (2014). Acute and 3-month effects of microcrystalline hydroxyapatite, calcium citrate and calcium carbonate on serum calcium and markers of bone turnover: a randomized controlled trial in postmenopausal women. *British Journal of Nutrition*, 112(10), 1611-1620.
4. Tai, V., Leung, W., Grey, A., Reid, I. R., & Bolland, M. J. (2015). Calcium intake and bone mineral density: systematic review and meta-analysis. *Bmj*, 351, h4183.

♦ 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.

For more information, visit: **www.nutridyn.com**