

BONE BUILDER

Promotes Strong Healthy Bones!♦



How can I support the way my body maintains healthy calcium levels? There are some important elements that may affect the way your body uses calcium. To help you get the most out of our supplements, we included synergistic compounds that prepare your body for proper calcium absorption and utilization. We've included ipriflavone, a leading edge nutrient only recently available, that promotes the healthy process of incorporating calcium into bone.♦ Also included are folic acid, vitamin B-12 and a special metabolite of vitamin B-6, which all support healthy calcium and bone metabolism.♦ The Bone Builder formula also contains a highly absorbable form of calcium, as a calcium citrate/malate carbonate complex. People of all ages should support healthy bones with regular exercise, and a healthy diet including sufficient calcium.♦

Ipriflavone Promotes Bone Health♦

Bone Builder is a high quality nutritional supplement based on the isoflavone derivative ipriflavone. Small amounts of ipriflavone occurs naturally in many foods. More than 60 double-blind placebo controlled clinical studies, involving over 3,000 participants in Italy, Japan, and Hungary, have shown that ipriflavone, along with calcium and vitamin D, significantly promotes bone health and strong bones.♦

In many studies, ipriflavone was found to help maintain the bone. It appears to promote the incorporation of calcium into bone and positively support the natural balance required to maintain healthy bones.♦ Bone Builder supplies 600 mg of ipriflavone daily, the amount used in nearly all of the nutritional research in humans with this isoflavone.

Promotes Bone Formation♦

An in vitro (laboratory tissue culture research) examination of the effect of ipriflavone and its metabolites on healthy bones resulted in interesting findings. Ipriflavone and one of its metabolites increased alkaline phosphatase activity (an enzyme used by osteoblast cells to lay down more calcium and phosphorus in bone), while another metabolite enhanced collagen formation, which is the protein foundation of bone.

Contains More Absorbable Calcium

Bone Builder also contains a unique form of calcium called calcium citrate malate carbonate complex (CCMC), which is a mixture of calcium combined primarily with citric acid and malic acid. Both of these organic acids are also involved in key energy producing pathways in the body.

Nutritional research has consistently

shown that CCMC provides superior calcium absorption over other single forms of calcium; this formula provides extra elemental calcium in this form in two tablets taken twice daily.

The B-Vitamins folic acid, pyridoxal-5-phosphate (the activated form of B-6) and B-12 are also included. Researchers have noted that lower levels in the blood of an amino acid called homocysteine are associated with strong bones and a healthy cardiovascular system.♦

Population studies have generally found that those who have sufficient folic acid, pyridoxal-5-phosphate (the activated form of B6) and Vitamin B-12 have lower homocysteine levels in their blood though it has not yet been substantiated as to whether this will have an impact on bone or cardiovascular health in the long term.

A whole foods diet rich in fruits, vegetables, high quality protein, high quality essential fats, and

clean water, plus an active lifestyle, combined with Bone Builder will provide powerful tools for the

maintenance of bone health that can last a lifetime.◊

REFERENCES:

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4. Sato Y. Abnormal bone and calcium metabolism in patients after stroke. Arch Phys Med Rehabil 2000 Jan; 81 (1)
5. Bostom AG, Silbershatz IH, Rosenberg IH, et al. Non-fasting plasma total homocysteine levels and all cause and cardiovascular disease mortality in elderly Framingham men and women. Arch Intern Med 1999; 159:1077-80
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8. Miller J, Smith D, Flora L, et al. Calcium absorption from calcium carbonate and a new form of calcium (CCM) in healthy male and female adolescents. Am J Clin Nutr 1988;48:1291-4.

Supplement Facts

Serving Size / 2 Tablets

Servings Per Container / 60

Amount Per Serving	% Daily Value	
Vitamin B-6	15 mg	882%
Folate DFE (200 mcg Folic Acid)	333 mcg	83%
Vitamin B-12 (Cyanocobalamin)	100 mcg	4167%
Calcium (Total)	205 mg	16%
Ipriflavone	300 mg	*

*Daily Value not established.

INGREDIENTS: Calcium Citrate Malate Carbonate Complex, Ipriflavone, Dicalcium Phosphate, Stearic Acid, Silica, PhytoZyme® proprietary blend (Bromelain, Papain, Alfalfa, Parsley, and vegetable and fruit concentrates from Carrots, Broccoli, Pea, Banana, Cantaloupe, Lima Beans, Mango, Pumpkin, Spinach, Tomato, Cauliflower, Orange, Papaya, Sweet Potato, Asparagus, Beet, Green Bean, Snow Pea, Blueberry, Chili Pepper, Cranberry, Cucumber, Guava, Grapefruit, Kale, Lemon, Maitake Mushroom, Peach, Pineapple, Watercress, and Zucchini), Microcrystalline Cellulose, Pyridoxal-5-Phosphate, Croscarmellose Sodium, Magnesium Stearate, Folic Acid and Vitamin B-12 (Cyanocobalamin).

Formulated in the exclusive PhytoZyme® base of plant enzymes for bioavailability and over 30 synergistic fruit, vegetable and herbal concentrates for “extra” phytonutrient cofactors.

As with all supplements, please consult your physician prior to taking if you are pregnant or attempting to become pregnant, breast-feeding, under a doctor's care or taking prescription medication.

Allergy Information: This product is processed in the same facility that processes products containing fish/shellfish, soy and dairy.

This product was not tested on animals.

Suitable for Vegetarians.

DIRECTIONS: Two tablets twice a day.