NutriDyn®

Bone Support with Magnesium

Enhanced Support for Healthy Bone Function & Integrity♦

Bone Support with Magnesium Supplementation

NutriDyn Bone Support with Magnesium is a natural dietary supplement formulated with microcrystalline hydroxyapatite concentrate, providing highly 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 and magnesium for enhanced bone mineral support, calcium absorption, and healthy muscle function.♦

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

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

GLUTEN-FREE
DAIRY-FREE
NON-GMO
cGMP FACILITY

How Bone Support with Magnesium Works

Bone Support with Magnesium is formulated with the optimal form of calcium for the body, from MCHC and dicalcium phosphate.♦[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 with Magnesium is also complemented with vitamin D3 and magnesium to support calcium and phosphorus absorption, as well as healthy bone mineralization and muscle function.♦[2]

How Bone Support with Magnesium Works Continued

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.

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

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

Supplement Facts

Serving Size: 3 Tablets
Servings Per Container: 60

	Amount Per Serving	%DV*
Vitamin D3 (cholecalciferol)	15 mcg (600 IU)	75%
Calcium (as microcrystalline hydroxyapatite calcium and dicalcium phosphate)	624 mg	48%
Phosphorus (as microcrystalline hydroxyapatite calcium and dicalcium phosphate)	378 mg	30%
Magnesium (as magnesium citrate, magnesium bisglycinate chelate, and magnesium aspartate)	450 mg	107%
Microcrystalline Hydroxyapatite Calcium	1.5 g	**

Other Ingredients: Microcrystalline cellulose, hypromellose, vegetable stearic acid, croscarmellose sodium, cellulose, vegetable magnesium stearate, silica, Nutrapure™ certified organic coating.

Directions: Take three tablets once daily or as 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 ran domised 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.

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