

BONE BOOSTER™

Vitamin K2 MK-7 and Vitamin D3



What to expect from this product:

- ♥ Vitamin K2 MK-7 is the best form of vitamin K
- ♥ For osteopenia and osteoporosis
- ♥ Promotes heart health
- ♥ Helps immune function
- ♥ Use in conjunction with ESTROsmart for heavy periods
- ♥ Use in conjunction with COLLAGEN PLUS for strong bones

Bone Booster™ is a unique formula containing vitamin K2 MK-7 and vitamin D3. Although women are taking calcium in record numbers, there has not been a decrease in the rates of osteoporosis and osteopenia. Calcium on its own will not build strong bones. It is essential to take bone-building nutrients including vitamin K2 MK-7 and vitamin D3 along with Collagen Plus™ to prevent fractures and promote bone health.

Vitamin K2 MK-7 and Bone Health

Vitamin K is associated with osteoblasts. Osteoblasts are cells that build bone and produce a protein called osteocalcin. Osteocalcin is a protein-like glue that incorporates calcium into the bones. Without vitamin K2, osteocalcin cannot be produced in the body. Without vitamin K to control calcium, calcium can drift out of the bones and into arteries and other soft tissues. Vitamin K2 redirects the calcium into bones.

Vitamin K2 MK-7 and Heart Health

Studies have shown that an adequate intake of vitamin K2 helps to reduce the risk of coronary heart disease. In one study, those who supplemented with vitamin K2 had a lower risk of aortic calcification and coronary heart disease than those who supplemented with vitamin K1.

Vitamin K2 and Blood Clotting

"K" in vitamin K comes from the German word *koagulation*. Vitamin K1 is used by your liver as a clotting factor, whereas vitamin K2 is used by the brain, vasculature, breasts and kidneys. In fact, in the brain, vitamin K2 contributes to the production of myelin and fats essential for brain health and protects against oxidative damage. Taking broad-spectrum antibiotics can reduce vitamin K production in the gut by nearly 74 percent compared to people not taking these antibiotics. Additionally, the elderly have reduced vitamin K2 production. Deficiencies can lead to nose bleeds, easy bruising and extremely heavy menstrual bleeding (menorrhagia). It is important to take vitamin K2 with Estrosmart to help alleviate heavy periods.

Vitamin K2 MK-7: The Superior Source

Vitamin K2 (menaquinone -7) from the Japanese food natto is the best source of vitamin K2. Half of the vitamin K that our body absorbs is from green leafy vegetables.

Unfortunately, most foods thought to be rich in vitamin K have less vitamin K than previously thought. Most multivitamins don't even contain vitamin K and those that do don't have enough. Smart women supplement with Vitamin K2 MK-7.

Advantages of Vitamin K2 MK-7 Over Other Forms of Vitamin K

1. 10 times more absorption than other forms of vitamin K
2. Regulates calcium in blood vessels to promote bone health
3. MK-7 created probiotics in the gastrointestinal system

Vitamin D3 for Strong Bones

Like vitamin K2 MK-7, vitamin D is essential for calcium absorption. A deficiency in vitamin D leads to decreased calcium absorption, promoting osteoporosis and other conditions such as osteoarthritis, muscle cramps and twitching, joint pain and stiffness, backache, tooth decay and hair loss. Vitamin D is essential for the production of thyroid hormones, and many people with low thyroid are vitamin-D deficient.

Are You Vitamin D Deficient?

Many people are deficient in vitamin D, which is formed in the body by the action of the sun's ultraviolet rays on the skin. As we age, our bodies become less efficient at manufacturing vitamin D. Vitamin D is strongly anti-cancer and this connection is one of the most important areas of study today. It is important to choose the most active and powerful form of vitamin D—vitamin D3 (cholecalciferol).

FORMULA:

EACH CAPSULE CONTAINS:

Vitamin D3 (cholecalciferol)..... 1000 IU
Vitamin K2 - MK 7 (menaquinone-7) 100 mcg

This product does not contain irradiated rice flour, dairy, wheat, yeast, or artificial preservatives, colors or sweeteners. **GLUTEN-FREE**

SUGGESTED USAGE:

- Take 1 capsule daily with food or as directed by a health care practitioner.

Bone Loss Halted!

Dear Lorna,

I have been taking calcium supplements faithfully for the last six years, yet each year my DEXA scan shows bone loss. I heard about BONE BOOSTER and have been taking one capsule a day for the last year. Finally I had a DEXA scan that showed an improvement. Thank you, I have told all my friends. – GH, AB