New Roots HERBAL

Vegetarian StrongBones

Comprehensive vegetarian formula for stronger bones

- The natural and vegetarian approach to help prevent osteoporosis and heal bone injuries
- Formulated for maximum absorption

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Accredited Laboratory

NON GMO

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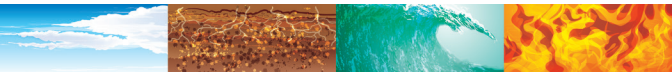

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Osteoporosis is a silent, painless disease in which bones become fragile and more likely to break. Women are four times more likely than men to develop the disease, and often have a hard time getting all of the calcium they need to maintain strong bones. Smoking and too much alcohol can also weaken bones; the lack of weight-bearing exercise can also hinder the ability to build and maintain bone strength.

Vegetarian StrongBones is formulated to create bone-forming cells, increase healthy bone growth, and reverse osteoporosis by forming new bone mass.

Although usually associated with women, osteoporosis has increasingly become a concern for men as well. In fact, almost 30% of all hip fractures and up to 20% of vertebral fractures occur in men. Osteoporosis is insidious, because you can't see or feel what's happening; most people who have the disease don't know it until a bone breaks.

The majority of Canadians get less than half the recommended daily intake of calcium. Vegetarian StrongBones is here to help.

Vegetarian StrongBones helps build and maintain stronger bones. It contains the best vegetarian form of calcium for maximum absorption, and a variety of nutrients used by your body as raw materials for reinforcing and building bones. You can rely on Vegetarian StrongBones to deliver natural nutrients for stronger, healthier bones.

What Makes Vegetarian StrongBones Great?

It delivers 1000 mg of calcium and 472.23 mg of phosphorus per daily dosage in the form of tribasic calcium phosphate.

Calcium is essential for healthy bones and teeth. It will increase both bone growth and mineral density, and it will inhibit bone absorption of toxic metals such as lead.

Phosphorus is vital for bone and tooth development and cell growth.

Magnesium plays a critical role in calcium absorption. The bonding of magnesium with two glycine molecules makes **magnesium bisglycinate** the most easily absorbed and the best magnesium for a higher percentage absorption.

Zinc is vital for collagen formation and protein synthesis. It also helps with the absorption of vitamins A and E.

Manganese is essential for bone growth, cartilage formation, and the production of synovial (lubricating) fluid in the joints.

Copper helps bone, connective tissue, and collagen formation. Along with vitamin C and zinc, it helps form elastin, the protein that makes up elastic tissue.

In a study conducted by the U.S. government (Department of Agriculture), **boron** was found to reduce the amount of calcium lost through the urine by 40% in only eight days. This dramatic figure underscores just how helpful boron is for preventing calcium loss and increasing bone density.

Vitamin B_1 (thiamin) strengthens circulation, blood formation, carbohydrate metabolism, and digestion. It is also an important antioxidant, protecting the body from the effects of aging.

Vitamin K_2 (menaquinone 4 and 7) inhibits the formation of the cells within the bones (osteoclasts) that are responsible for bone resorption.

Silica-rich **horsetail** hastens the repair of connective tissue, building strength and elasticity.

Vitamin D_3 (cholecalciferol) is the natural form of vitamin D. It is a requisite for the absorption of calcium and phosphorus, which are both essential in the maintenance of bone health.

Vitamin C is an antioxidant that is also vital for collagen formation and the repair and growth of connective tissue.

Calcium deficiency contributes to age-related bone loss; consequently, any preventive approach to osteoporosis should include dietary calcium adjustment or supplementation. The ideal calcium supplement would yield the greatest bioavailability. Studies in animals have shown that dietary supplements with certain amino acids, particularly **L-lysine**, can increase calcium absorption.

L-Proline is the amino acid necessary for the production of collagen and cartilage for healthy joints, ligaments, and tendons. L-Proline helps maintain healthy skin, by preventing the aging process of skin tissue, and supports DNA synthesis.

Glucosamine (from **glucosamine hydrochloride**) is a critical nutrient for the growth and repair of cartilage that stimulates the production of connective tissue.

Methylcobalamin (vitamin B_{12}), the coenzyme form of vitamin B_{12}, has been identified as a modifiable risk factor in bone mineral density in research conducted at Tufts University.

Studies in both the U.S. and the Netherlands have shown that **folic acid** supplementation helps prevent bone fractures in the elderly.

Turmeric (95% curcuminoids) has a long history of use as an anti-inflammatory, and studies have shown its use in the battle against osteoporosis.

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A study at the Framingham Institute in Massachusetts involving 943 men and women discovered a direct correlation between higher intake of the carotenoids found in **lutein** and a lower incidence of hip fractures due to osteoporosis.

Grape seed extract (95% proanthocyanidins) has been shown to enhance bone density in animal trials.

The chemicals found in **green tea extract** (75% EGCG) boost activity of the enzyme responsible for bone growth and mineralization, and discourage the activity of the cells that weaken bones (osteoclasts).

The phytochemicals found in **lycopene** protect bone-producing cells (osteoblasts) from oxidative stress.

References

- Watford, M. "Glutamine metabolism and function in relation to proline synthesis and the safety of glutamine and proline supplementation." *The Journal of Nutrition* Vol. 138, No. 10 (2008): 2003S–2007S.
- Conigrave, A.D., E.M. Brown, and R. Rizzoli. "Dietary protein and bone health: roles of amino acid-sensing receptors in the control of calcium metabolism and bone homeostasis." *Annual Review of Nutrition* Vol. 28 (2008): 131–155.
- Bonjour, J.P. "Dietary protein: an essential nutrient for bone health." *Journal of the American College of Nutrition* Vol. 24, No. 6 Suppl. (2005): 526S–536S.

Ingredients (per 9 vegetable capsules) :

Calcium (from calcium phosphate, tribasic)	1000 mg
Phosphorus (from calcium phosphate, tribasic)	472.23 mg
L-Lysine	300 mg
L-Proline	300 mg
Glucosamine hydrochloride (from *Aspergillus niger*)	252 mg
Magnesium (from magnesium bisglycinate)	270 mg
Vitamin C	186 mg
Grape (*Vitis vinifera*) seed extract, 95% proanthocyanidins	60 mg
Green tea (*Camellia sinensis*) leaf extract, 75% EGCG	42 mg
Field horsetail (*Equisetum arvense*) aerial parts extract, 7% silica	30 mg
Turmeric (*Curcuma longa*) root extract, 95% curcuminoids, providing curcumin I, demethoxycurcumin, and bisdemethoxycurcumin	22.5 mg
Zinc (from zinc monomethionine / de monométhionine de zinc)	9.27 mg
Lycopene (from *Lycopersicon esculentum* fruit)	5 mg
Vitamin B_1 (thiamine hydrochloride)	4.65 mg
Boron (from boron citrate)	3.36 mg
Manganese (from manganese citrate)	2.79 mg
Lutein (from *Tagetes erecta* oleoresin)	2 mg
Copper (from copper citrate)	930 mcg
Folate (from calcium L-5-methyltetrahydrofolate)	500 mcg
Vitamin B_{12} (methylcobalamin)	150 mcg
Vitamin K_2 (from menaquinone-4 [83 mg] and menaquinone-7 [10 mg])	93 mcg
Vitamin D_3	25 mcg (1000 IU)

Other ingredients: Natural peppermint flavour, vegetable magnesium stearate, silicon dioxide, and microcrystalline cellulose in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

NPN 80071671 · V0529-R3

Suggested use:

Adults: Take 3 capsules one to three times daily with food or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them. Consult a health-care practitioner for use beyond 12 weeks.

Manufactured under strict GMP (Good Manufacturing Practices).

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