



Bone Health Support Protocol*

Objective	Product Recommendation	Dosage	Key Ingredients
Boosts bone absorption of calcium up to 50% [†] for healthy bone structure and density, and supports collagen production for healthy skin, hair, and nails*	Silica-20™	1-2 tablets daily, or as recommended by a healthcare practitioner.	Vitamin D3 (cholecalciferol), Horsetail (<i>Equisetum arvense</i>) Aerial Extract standardized to 20 mg of Silica , (per 2 tablets) with naturally occurring flavonoids
Supports healthy bone formation, strength, and mineral density*	Strontium	2 capsules daily, or as recommended by a healthcare practitioner. Studies suggest that, for better bioavailability, strontium should be taken more than two hours before or two hours after taking a calcium supplement. Strontium is absorbed using calcium transport mechanisms, and should not be taken at the same time as calcium supplements.	Strontium (from Strontium Citrate)
Supports vitamin D3 levels for strong teeth and healthy bone density*	Vitamin D3 Chewable	1 tablet daily, or as recommended by a healthcare practitioner.	Vitamin D3 (as cholecalciferol, the body's preferred form)