



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. For optimal absorption, take at least two hours apart from calcium supplements or foods that have a high calcium content.	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)