



Strontium

Essential for Healthy Bone Density*

Strontium is a key mineral essential for bone health. Studies indicate that strontium positively affects bone formation, strength, and healthy bone mineral density.*

Recommendations: 2 capsules daily, or as directed by your 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.

If pregnant or nursing, consult a healthcare practitioner before using.

Strontium supplementation may be contraindicated for individuals with impaired renal function.

* 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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Strontium

Essential for
Healthy Bone Density*

60 Capsules

VEGAN
NON-GMO DIETARY SUPPLEMENT

SUPPLEMENT FACTS

Serving Size: 2 Capsules
Servings Per Container: 30

Amount Per 2 Capsules (Veg):	%DV
Strontium (from Strontium Citrate)	680 mg **

** Daily Value (DV) not established

Other Ingredients: hydroxypropyl methylcellulose (vegetable cellulose capsules), cellulose powder, vegetable source magnesium stearate, titanium dioxide.

No sugar, salt, yeast, wheat, gluten, corn, soy, dairy products, artificial flavoring, or artificial preservatives.

Manufactured by a cGMP compliant facility exclusively for:
EuroMedica
955 Challenger Drive Green Bay, WI 54311
866-842-7256 EuroMedicaUSA.com

Supplemental strontium has been shown in scientific studies to support new bone formation, bone mass, and bone strength. In fact, nearly all the strontium in the human body is found in bone and connective tissue.*

- **Excellent for use with Silica-20™ and other bone health supplements**
- **Strontium citrate form for superior absorption**

While calcium, magnesium, and phosphorus are the primary trace minerals needed for bone health, they are not the whole story. Strontium is a necessary mineral for bone health, too.*

Strontium may support bone formation and decrease bone breakdown, enhancing bone mineral density. Used in combination with Silica-20, **Strontium** aids in healthy bone formation and bone density.*

Since strontium and calcium compete for absorption, it is important to take this product two hours before or after a calcium-containing product.

Note: Strontium supplementation may be contraindicated for individuals with impaired renal function, and you should consult your healthcare practitioner before using if this is a concern.

To view all our products go to: EuroMedicaUSA.com

Frequently Asked Questions for Strontium:

Q. How safe is Strontium?

A. **Strontium** is very safe and non-toxic. This product contains strontium citrate, not strontium 90, the toxic radioactive form that may come to mind. Strontium citrate has been a safely used substance for over 100 years, and there have been studies using 2 grams of strontium with no significant side effects. While there are several forms of strontium in use today, strontium citrate is the most easily absorbed and used by the body.

However, strontium supplementation may be contraindicated for individuals with impaired renal function. Please consult your healthcare practitioner if this is a concern.

Q. Can I take Strontium and a calcium-containing supplement at the same time?

A. For the best results, take Strontium at least two hours apart from when you take your calcium supplement. Both minerals compete for the same absorption pathways in the body, so it's best to take them separately and with some time in between them.

What to pair with Strontium:

- **Silica-20™** – Provides organic silica, flavonoids, and trace minerals bound to marine lipids. It's an excellent addition to any bone support regimen because it boosts calcium absorption into bone by an average of 50%.*†