



# Bone Health Support Protocol\*

<b>Objective</b>	<b>Product Recommendation</b>	<b>Dosage</b>	<b>Key Ingredients</b>
Boosts bone absorption of calcium up to 50% for healthy bone structure and density, and supports collagen production for healthy skin, hair, and nails*†	<b>Silica-20™</b>	1-2 tablets twice daily, or as recommended by a healthcare practitioner.	Vitamin D3 (cholecalciferol), Horsetail ( <i>Equisetum arvense</i> ) Aerial Extract standardized to <b>20 mg of silica</b> , (per 2 tablets) with naturally occurring flavonoids
Supports healthy bone formation, strength, and mineral density*	<b>Strontium</b>	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*	<b>Vitamin D3 Chewable</b>	1 tablet daily, or as recommended by a healthcare practitioner.	Vitamin D3 (as cholecalciferol, the body's preferred form)