



# HEALTHY BONES<sup>†</sup> II

A DIETARY SUPPLEMENT THAT  
SUPPORTS HEALTHY BONE DENSITY<sup>†</sup>

**HEALTHY BONES<sup>†</sup> II is a dietary supplement to support bone health, including architecture and metabolism.<sup>†</sup>**

Calcium alone does not carry the burden of bone health support. The cofactors associated with calcium, such as vitamins D3 and K2, have emerged as important components in a bone health support regimen.<sup>†</sup>

**HEALTHY BONES<sup>†</sup> II contains evidence-based ingredients. This formula is designed to:**

- Support the organic and inorganic matrix of bone<sup>†</sup>
- Provide bioavailable minerals for bone health<sup>†</sup>
- Support bone density<sup>†</sup>
- Support healthy bone metabolism: both resorption and formation<sup>†</sup>

Healthy bone requires calcium, magnesium, potassium, and vitamins C, D, E and K. **HEALTHY BONES<sup>†</sup> II** focuses on nutrients that support not only bone health and architecture, but also calcium homeostasis.<sup>†</sup> Because minerals in bone are released in the body when hormones like parathyroid hormone signal a need, the control of calcium metabolism is an important factor in the health of several bodily processes, including bone remodeling.

#### About the ingredients:

##### Vitamin A:

Combined with vitamin D, vitamin A supports osteocalcin output and the normal regulation of osteoclast activity.<sup>†</sup> Vitamin A supports both a normal rate of stimulation of bone resorption and a normal rate of bone matrix mineralization, meaning that overall, A supports healthy bone density.<sup>†</sup>

##### Vitamin D:

Vitamin D3 supports bone strength.<sup>†</sup> It is an important component of any bone health support regimen because of its role in calcium metabolism.<sup>†</sup> The production of 1,25 dihydroxyvitamin D is regulated by the parathyroid hormone, linking calcium homeostasis and active vitamin D formation. It supports calcium absorption in the gut, thereby helping to maintain adequate serum calcium and phosphate concentrations to enable normal mineralization of bone.<sup>†</sup>

##### Vitamin K2:

Research has demonstrated the value of vitamin K2 in relation to vitamin D, in that K2 has been shown to enhance osteocalcin production induced by 1,25(OH)2D3 in human osteoblasts in culture. The K2 in **HEALTHY BONES<sup>†</sup> II** is the form that has been shown to support normal bone formation – menaquinone (MK-7).<sup>†</sup> K2 not only supports the deposition of calcium into bone, it also has a regulatory effect on Vitamins A and D with regard to osteoclast and osteoblast activity.<sup>†</sup> The benefit of Vitamin K2 versus K1 is that it works primarily outside of the liver in bones and blood vessels.

##### Olive Leaf Extract:

A novel ingredient for bone health support, olive leaf extract features the polyphenol oleuropein, which supports normal bone formation.<sup>†</sup>

##### Magnesium:

Magnesium supports calcium absorption and utilization and decrease the loss of bone calcium.<sup>†</sup>

Calcium in this formula is DimaCal<sup>®</sup> brand and included to support bone strength through protein provision.

##### Supplement Facts

###### Serving Size 6 Capsules

###### Servings Per Container 30

|  |          |
|--|----------|
| Vitamin A (as 75% Beta Carotene and 25% Retinyl Acetate)   | 5,000 IU |
| Vitamin C (Ascorbic Acid)  | 100 mg   |
| Vitamin D3 (as Cholecalciferol)  | 2,000 IU |
| Vitamin K2 (as Menaquinone-7)  | 500 mcg  |
| Calcium (as DimaCal <sup>®</sup> Di-Calcium Malate, TRAACS <sup>®</sup> Calcium Bisglycinate Chelate)      | 400 mg   |
| Magnesium (as Albion <sup>®</sup> Di-Magnesium Malate, TRAACS <sup>®</sup> Magnesium Bisglycinate Chelate) | 400 mg   |
| Olive ( <i>Olea europaea</i> ) Leaf 4:1 Extract  | 250 mg   |
| Silicon (as Na Metasilicate)   | 50 mg    |

Other ingredients: hypromellose (capsule), microcrystalline cellulose, vegetarian leucine.

**Warning:** If pregnant or nursing, consult your healthcare practitioner before taking this product.

**Suggested Use:** As a dietary supplement, take 6 capsules daily, or as directed by your healthcare practitioner.



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Distributed by  
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02GP82F.180

<sup>†</sup>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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