

Bone Assist

Helps Develop and Maintain Healthy Bones

Product Summary

Bone Assist provides clinically relevant doses of the three fat-soluble vitamins essential to optimal bone health. Although needed for cardiovascular health, blood sugar regulation, immune function, and inflammation control, vitamins A, D, and K2 have complementary physiological bone-related functions, such as modulating gene expression in osteoblasts and carboxylating osteocalcin, an enzyme needed for bone formation.¹ This is exemplified by a reduction in undercarboxylated osteocalcin and an increase in bone mineral density (BMD) in postmenopausal women when vitamin K is added to vitamin D supplementation.²

Vitamin D has diverse and significant functions in multiple body systems, and widespread deficiency magnifies these crucial roles.^{3,4} Supplementation is associated with a well-established reduction in osteoporotic fracture.⁵ Correcting a vitamin D deficiency is critical when supplementing with vitamin A, as vitamin A appears to promote bone health if vitamin D levels are adequate.^{6,7,8} Vitamin K is now recognized as being necessary not only for coagulation, but for the carboxylation of enzymes critical for both bone and blood vessel health.⁹⁻¹³ Indeed, meta-analysis has shown improvement in vertebral BMD and reduction in fracture among post-menopausal women with osteoporosis, while controlled trial data shows a reduction in the age-related decline in BMD among healthy postmenopausal women.^{14,15} The naturally derived MK-7 form in Bone Assist has a longer half-life than any other form.¹⁶

Unique Features

- Potent physiological balance of key fat-soluble vitamins, A, D, and K, critical to bone health
- Contains vitamin K2 (MK-7), the most bioactive and long-lasting form
- MK-7 shown to increase vertebral BMD among postmenopausal women
- Provides vitamin D3, shown to be more effective than D2 in maintaining blood levels of 25-OH vitamin D¹⁷
- Optimal form of vitamin A, palmitate, bypasses impaired conversion of carotenoids (affects nearly half the population)¹⁸
- Suitable for vegetarians

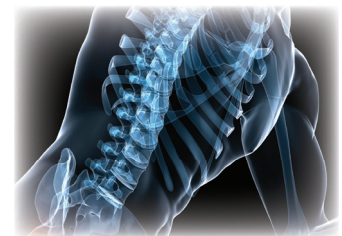
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30 ml Liquid

Code: 9317

NPN: 80047935



Serving size: 4 drops (0.25 ml)

Feature: Highly bioavailable bone support

Supplement Facts

Serving Size: 0.25 ml

Servings per Container: 120

Each Serving (0.25 ml) Contains:

Vitamin A (Palmitate)	500 IU (151 mcg RAE)
Vitamin D3 (Cholecalciferol)	1000 IU (25 mcg)
Vitamin K2 (Menaquinone) (MK-7) (Natto Bean)	50 mcg

Non-medicinal Ingredients: Medium chain triglycerides, organic flaxseed oil, natural vitamin E (non-GMO sunflower oil), natural vanilla flavour.

Contains no artificial colours, preservatives, or sweeteners; no dairy, starch, sugar, wheat, gluten, yeast, corn, egg, fish, shellfish, salt, tree nuts, or GMOs. Suitable for vegetarians. Sealed for your protection. Do not use if seal is broken. For freshness, store in a cool, dry place.

Recommended Adult Dose: 1 serving (0.25 ml) per day or as directed by a health care practitioner.

Recommended Use: Helps to maintain eyesight, night vision, skin, membranes and immune function. Helps in the absorption and use of calcium and phosphorus, and the development and maintenance of bones and teeth. Helps to prevent vitamin D deficiency. A factor in the maintenance of good health as a vitamin supplement.

Contraindications: Consult a health care practitioner prior to use if you are taking blood thinners. Keep out of reach of children.

Drug Interactions: Vitamin K may antagonize the effect of some anticoagulant medications, and concurrent use should be medically supervised. When taken with a thiazide medication (diuretic), vitamin D may increase the risk for hypercalcemia. Also, vitamin D may improve insulin sensitivity and lower blood pressure, requiring a reduction in dosage of hypertension and/or diabetic medications. Vitamin A should not be taken with other synthetic retinoids, such as acitretin or bexarotene.

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