



# Bone Support

Enhanced Support for Healthy  
Bone Function & Integrity\*

**PRACTITIONER EXCLUSIVE**

## Bone Support Supplementation

NutriDYN Bone Support is a natural dietary supplement formulated with microcrystalline hydroxyapatite concentrate (as patented MCH-Cal™), providing bioavailable calcium and phosphorus for supporting bone function, bone integrity, teeth, and other physiological processes.\*<sup>1</sup> This supplement also features an evidence-based dose of vitamin D3 (as cholecalciferol) to support bone mineral density and calcium absorption.\*

Clinical research cited herein suggests the benefits of Bone Support supplementation may include:

- Supports bone function and integrity\*
- Supports healthy teeth\*
- Supports healthy calcium levels and absorption\*
- Supports healthy vitamin D status\*

## How Bone Support Works

Bone Support is formulated with the optimal form of calcium for the body, from MCH-Cal™.\*<sup>4</sup> Bones contain more calcium than any other organ in the human body (about 99% of the calcium in the body is stored in bones). The intercellular matrix of bone contains large amounts of calcium salts, the most important of which is calcium phosphate.

When blood calcium levels drop below normal, calcium is released from bone matrix so that there will be an adequate supply for metabolic needs (such as muscle and nerve function). Over time, this can lead to weakened bones and possibly osteoporosis.

Bone Support also is complemented with vitamin D3 to support calcium and phosphorus absorption as well as healthy bone mineralization.\*<sup>2</sup>

A recent scientific report based on food supply and food composition estimates that as much as 70% of the U.S. population is at risk of calcium deficiency.<sup>1</sup> Calcium deficiency, especially in older individuals, can significantly increase the risk of osteoporosis and bone fractures. Naturally, getting enough calcium every day is increasingly important as we age.



For more information, visit: [www.nutridyn.com](http://www.nutridyn.com)

## Why Use Bone Support?

The MCH-Cal™ (MCHC) in Bone Support has been studied rather extensively over the past three decades, with findings showing it can help support healthy calcium status and bone tissue health.\*<sup>3</sup> This formula also contains vitamin D3, which has synergistic actions with calcium and phosphorus for supporting bone mineral density and bone remodeling.\*

MCH-Cal™ not only contains the optimal calcium for bones, but also bone growth factors and peptides, such as collagen. In turn, it is suggested that MCH-Cal™ helps support osteoblasts (cells that promote bone growth) and osteocytes (bone cells).\*<sup>4</sup>

## Supplement Facts

Form: 180 Capsules

Serving Size: 2 Capsules

Ingredients:	Amount	%DV*
Vitamin D3 (cholecalciferol)	50 mcg (2,000 IU)	250%
Calcium	428 mg	33%
[as Microcrystalline Hydroxyapatite Calcium (MCH-Cal™)]		
Phosphorus	168 mg	13%
[as Microcrystalline Hydroxyapatite Calcium (MCH-Cal™)]		
MCH-Cal™	1.9 g	**
(Microcrystalline Hydroxyapatite Calcium)		

**Other Ingredients:** Hydroxypropyl methylcellulose, microcrystalline cellulose, vegetable stearic acid, vegetable magnesium stearate.

MCH-Cal™ is a registered trademark of Pharmazen Limited, LLC.

**Directions:** Take two capsules once daily. Do not exceed recommended dosage unless directed by your healthcare practitioner.

**Caution:** If you are pregnant, nursing, taking antibiotics or cardiovascular medication, consult your healthcare practitioner before use. Keep out of reach of children.

**Notice:** It is recommended that serum 25(OH)- and 1,25(OH)<sub>2</sub>- vitamin D be monitored every 60-90 days while consuming this product to ensure that levels remain in an acceptable range.

### References:

1. Kumssa, D. B., Joy, E. J., Ander, E. L., Watts, M. J., Young, S. D., Walker, S., & Broadley, M. R. (2015). Dietary calcium and zinc deficiency risks are decreasing but remain prevalent. *Scientific reports*, 5, 10974.
2. Christakos, S., Dhawan, P., Porta, A., Mady, L. J., & Seth, T. (2011). Vitamin D and intestinal calcium absorption. *Molecular and cellular endocrinology*, 347(1-2), 25-29.
3. Bristow, S. M., Gamble, G. D., Stewart, A., Horne, L., House, M. E., Aati, O., ... & Reid, I. R. (2014). Acute and 3-month effects of microcrystalline hydroxyapatite, calcium citrate and calcium carbonate on serum calcium and markers of bone turnover: a randomised controlled trial in postmenopausal women. *British Journal of Nutrition*, 112(10), 1611-1620.
4. Tai, V., Leung, W., Grey, A., Reid, I. R., & Bolland, M. J. (2015). Calcium intake and bone mineral density: systematic review and meta-analysis. *Bmj*, 351, h4183.

\* 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.



PRODUCED IN A  
cGMP FACILITY



NON-GMO



GLUTEN-FREE



DAIRY-FREE