

# ULTRA BONE BALANCE™

*Support for Bone Health*

Research has shown that decreased estrogen levels during menopause contribute to a reduction in bone density. Ostivone™, a phytoestrogen, when combined with calcium, helps to minimize bone loss in postmenopausal women. ULTRA BONE BALANCE with Ostivone addresses the multiple systems related to bone health.



ACTION

CONTENT

	Hormonal Regulation of Bone Mass	Calcium Balance	Bone Synthesis: Organic Matrix	Bone Synthesis: Mineral Building Blocks	Calcium Absorption
ACTION	Maintaining bone mass involves a balance between inhibition of bone resorption and stimulation of bone formation. Estrogen levels have a dramatic impact on bone mass by affecting this dynamic. The soy isoflavones genistein and daidzein, and the mineral boron support estrogenic activity. Ipriflavone, an isoflavone used extensively in Europe, has an inhibitory effect on osteoclastic cells that break down bone. Research has shown that supplementing <b>ipriflavone together with calcium results in a reduction of bone loss</b> in postmenopausal women.	Declining estrogen levels in postmenopausal women have a negative impact on the important balance between calcium absorption and calcium loss. In addition, excess caffeine consumption and a high protein diet can lead to excretion of calcium in the urine. Some nutrients <b>help prevent urinary losses of calcium.</b>	Certain nutrients <b>support synthesis of the specialized form of dense connective tissue</b> —composed of collagen, non-collagen proteins and proteoglycans—that constitutes the organic matrix of bone.	The bone loss that typically occurs during menopause can be offset by supplying the nutrients used as building blocks in the process of rebuilding bone tissue. Most bone mineral mass is composed of calcium. Other trace minerals are <b>necessary for bone growth and calcium deposition in bones.</b>	Estrogen improves calcium utilization in bones; therefore declining estrogen levels during menopause make optimal calcium absorption more difficult. Some forms of calcium are more easily absorbed and utilized in bone mineralization. In addition, certain nutrients <b>enhance calcium absorption.</b>
CONTENT	Ipriflavone (Ostivone™), Soy Isoflavones (Genistein and Daidzein), Boron, Magnesium, Vitamin D	Boron	Copper, Manganese, Silica, Zinc, Vitamins B-6 & C, Folic Acid	Calcium, Copper, Magnesium, Manganese, Silica, Zinc	L-Lysine (HCl), Calcium Citrate, Calcium Malate, Magnesium, Vitamin D

