

# ULTRA BONE BALANCE™



## Support for Healthy Bones

The menopausal years place unique nutritional demands on a woman's body, and bone health is one of the most important concerns. Research has shown that decreased estrogen levels during menopause contribute to a reduction in bone density.

ULTRA BONE BALANCE with Ostivone™ is a Bio-Aligned Formula™ that addresses the multiple body systems involved in bone health. The formula features the groundbreaking nutraceutical Ostivone—the trademarked name for ipriflavone, an isoflavone found to help maintain bone mass in postmenopausal women when combined with calcium. ULTRA BONE BALANCE also contains key bone minerals, vitamins and concentrated, non-GMO soy isoflavones.

Source Naturals also offers you original BONE BALANCE™, broad-spectrum support featuring bone-healthy nutrients and soy isoflavones.



**SOURCE NATURALS®**

*Strategies for Wellness<sup>SM</sup>*

## ULTRA BONE BALANCE SUPPORTS MULTIPLE BODY SYSTEMS

ULTRA BONE BALANCE incorporates a multi-system approach to women's changing nutritional needs.

- **Hormonal Regulation of Bone Mass**

Bone is living tissue that is constantly being broken down and rebuilt. Maintaining bone mass involves a balance between inhibiting bone breakdown and stimulating new bone formation. Estrogen levels have a dramatic effect on this



dynamic. The soy isoflavones **genistein and daidzein**, and the mineral **boron** support estrogenic activity. **Ipriflavone**, an isoflavone used extensively in Europe, inhibits osteoclastic cells that break down bone. Research has shown that ipriflavone taken with calcium reduces bone loss in postmenopausal women.

- **Calcium Balance**

The bones are a reservoir for the calcium our bodies need for various functions. When blood levels of calcium fall too low, there is a flux of calcium out of the bone. Long-term, low calcium intake and low blood calcium levels can lead to depletion of the calcium reservoir in bone. In addition, excess caffeine consumption and a high-protein diet can increase calcium excretion in urine. **Boron** helps prevent urinary losses of calcium.

- **Bone Synthesis: Mineral Building Blocks**

The bone loss that typically occurs during menopause can be offset by supplying nutrients used as building blocks in bone formation. Most bone mineral mass is composed of calcium, but other trace minerals are necessary for bone growth and calcium deposition in bones. **ULTRA BONE BALANCE** supplies the following bone minerals: **calcium, copper, magnesium, manganese, silica, and zinc.**

- **Bone Synthesis: Organic Matrix**

**ULTRA BONE BALANCE** supplies nutrients that support synthesis of the dense connective tissue—composed of collagen, noncollagen proteins and proteoglycans—that constitutes the organic matrix of bone. These include **copper, manganese, silica, zinc, vitamins B-6 and C, and folic acid.**

- **Calcium Absorption**

Estrogen improves calcium utilization in bones; therefore declining estrogen levels during menopause make optimal calcium absorption more important. **ULTRA BONE BALANCE** contains **calcium citrate** and **calcium malate**—forms of calcium that are more easily absorbed and utilized in bone mineralization. In addition, **L-lysine, magnesium** and **vitamin D** enhance calcium absorption.

## **BONE BALANCE: COMPREHENSIVE NUTRIENT-SOY FORMULA**

Source Naturals also offers you original BONE BALANCE, a scientifically advanced calcium formula, which provides optimal forms of calcium and key co-nutrients. BONE BALANCE contains a 1:1 ratio of calcium and magnesium, along with other bone minerals such as copper, manganese and zinc. It also features non-GMO soy concentrate.

## **LIFESTYLE TIPS FOR HEALTHY BONES: A STRATEGY FOR WELLNESS<sup>SM</sup>**

Healthy lifestyle habits should be part of your individual strategy for bone wellness.

- **Eat a Bone-Healthy Diet**

Make sure you get between 1,000-1,500 mg of calcium daily, along with 400 IU of vitamin D to promote its absorption. Dairy foods are a well-known source of calcium,



but are high in protein, which if consumed in excess can cause calcium to leach out of the body. Some nondairy calcium sources are green vegetables such as broccoli, kale, bok choy, collards and spinach, sardines with bones, calcium-set tofu, sea vegetables,

beans, and dried fruits such as figs or apricots. Vitamin D is found in fortified milk, egg yolks, and salt water fish, but the major source is sunlight (about 15 minutes a day—but use sunscreen!). Magnesium helps your



body use calcium more efficiently. Good sources are brown rice, black beans, pinto beans and halibut.

- **Exercise Your Bones**

Bones suffer if they are not used. They need regular weight-bearing exercise, such as running, walking, dancing, aerobics, or tennis. Resistance exercise such as weight training is also beneficial. Swimming and cycling, while excellent for overall fitness, do not directly benefit bones as you are not supporting your own weight.

- **Bone Mineral Density Tests (BMD's)**

If you are in the menopausal years, you should discuss these tests with your health care professional. BMD's measure bone density in the spine, hip, or whole body and can detect bone loss as low as one percent. Bone thinning can occur undetected for decades, and early diagnosis is important to help you address the problem.

- **Avoid Bad Habits**

If you are a smoker, give it up. In addition to its other negative health impacts, smoking has a toxic effect on bones. Excessive alcohol intake also puts you at risk for bone problems.

# ULTRA BONE BALANCE™: A Bio-Aligned Formula™

## Multi-System Support for Bone Health

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| <b>Hormonal Regulation of Bone Mass</b>        | Ipriflavone (Ostivone™), Soy Isoflavones (Genistein and Daidzein), Boron, Magnesium, Vitamin D |
| <b>Calcium Balance</b>                         | Boron  |
| <b>Bone Synthesis: Organic Matrix</b>          | Copper, Manganese, Silica, Zinc, Vitamins B-6 & C, Folic Acid                                  |
| <b>Bone Synthesis: Mineral Building Blocks</b> | Calcium, Copper, Magnesium, Vitamin D  |
| <b>Calcium Absorption</b>                      | L-Lysine (HCl), Calcium Citrate, Calcium Malate, Magnesium, Vitamin D                          |



To learn more about Source Naturals Bio-Aligned Formulas™, visit our website, [www.sourcenaturals.com](http://www.sourcenaturals.com), or look for the Bio-Aligned Chart Book at participating health food stores.

### References:

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**SOURCE NATURALS®**

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