

# Calcium has a winning partner in the quest for stronger bones.



Strontium positively affects bone metabolism to promote bone formation and decrease bone resorption, and research dating back to the early 1900's shows calcium and strontium are a powerful bone-strengthening team. Occurring naturally in water and food, strontium is a bone-seeking mineral which is absorbed into the crystalline structure of bone called 'hydroxyapatite.' By inhibiting the activity of osteoclasts, bone cells that break down or "resorb" bone as part of the normal bone remodeling process, strontium helps normalize bone density. The strontium citrate in Doctor's Best Strontium Bone Maker supplies strontium that is safe and suitable for consumption as a dietary supplement.

## Exciting Results in Clinical Studies

Researchers have looked at the therapeutic potential of strontium based on *in vitro*, animal and human studies, and found that strontium benefits bone health via a two-pronged effect. Animal

studies demonstrate that strontium is extremely beneficial as a bone building catalyst. In one animal study, strontium increased the number of bone forming sites in thighbones, without negative effects on the mineral content of the organic bone matrix. A second study indicated that strontium could actually reverse bone loss associated with hormonal deficiencies in females.

Human studies utilizing different forms of strontium have been conducted since the 1950s. Stable strontium in many different forms has been used in trials that have reported effectiveness of supplemental strontium in promoting healthy bones. Researchers suggest that the elemental strontium itself exerts the positive effect on bone. While all of the various forms have a bioavailability of about 30%, gastric tolerance is reportedly better with

strontium citrate, the form used in Doctor's Best Strontium Bone Maker.

## Preventing Bone Loss is Critical

Bone is more than just minerals. It is living tissue that is continually reforming itself, and undergoing a dynamic metabolic process called 'remodeling,' in which the breakdown, or resorption, of old bone must be balanced by the formation of new bone. Unfortunately, as most women pass through menopause, this balance tends to tip in favor of the resorption side of the equation. Bone is broken down faster than the body can make new bone. Strontium tips the scales back the other way; it stimulates bone formation and retards bone resorption. This means that the body's

bone-making processes can keep up, and bone health can be effectively maintained.

**NOTE:** While it is important to maintain optimum calcium intake when taking strontium, it is also crucial to take these two supplements separately, as they will compete with each other for absorption in the digestive system.

## Always Ask for the Best

Strontium Bone Maker is a science-based formulation, manufactured with ingredients of unsurpassed quality and purity, and delivered at clinically-proven potency. To get more details about Strontium Bone Maker from Doctor's Best, call us at 1-800-333-6977, or visit our informative website at [www.drbitamins.com](http://www.drbitamins.com).

**Doctor's BEST**  
Because you deserve it.

