

Advanced Bone Support

An advanced bone formula with calcium and vitamin D for added bone support.



Boron
Calcium
Folate (L-5-MTHF)
Magnesium
Vitamin B12 (methylcobalamin)
Vitamin B6 (P5P)
Vitamin D3

What it does

- / Provides vitamin D3, which facilitates the absorption of calcium
- / Includes B vitamins for support of healthy methylation, which mediates homocysteine levels, a known risk factor of low bone density
- / Helps to support already healthy homocysteine levels

How it works

Adequate magnesium intake promotes bone density by optimising the secretion of parathyroid hormone and facilitating active calcium transport to the bones. Research indicates that an elevated homocysteine level in the blood can interfere with the integrity of the bone matrix. Therefore, Advanced Bone Support contains methylcobalamin (an active form of vitamin B12), L-5-methyltetrahydrofolate (the active form of folic acid), and pyridoxal 5'-phosphate (a.k.a. P5P, the active form of vitamin B6) for their function in helping to support already healthy homocysteine levels. To provide a bone health formula that can be used by individuals taking a blood-thinning medication, Advanced Bone Support does not contain vitamin K.

SUPPLEMENT FACTS		
Serving Size: Two Capsules		
Servings Per Container: 60		
Two Capsules Contain:		%DV
Vitamin D (as Vitamin D3) (1,000 IU)	25 mcg	125%
Vitamin B6 (as Pyridoxal 5'-Phosphate)	20 mg	1,176%
Folate (100 mcg as L-5-Methyltetrahydrofolate† from L-5-Methyltetrahydrofolic Acid, Glucosamine Salt)	166.6 mcg DFE	42%
Vitamin B12 (as Methylcobalamin)	50 mcg	2,083%
Calcium (as DimaCal® DiCalcium Malate)††	300 mg	23%
Magnesium (as Albion® DiMagnesium Malate)†††	100 mg	24%
Boron (as Bororganic™ Boron Glycinate Complex)††††	3 mg	*

*Daily Value (DV) not established.

Other Ingredients

Hypromellose Capsule, Medium Chain Triglycerides

Suggested Use

Take 2 capsules two times daily or as recommended by your health professional.

Interactions

5-methyltetrahydrofolate (5-MTHF) supplementation is not recommended concurrent with methotrexate cancer therapy, as it can interfere with methotrexate's anti-neoplastic activity; however, this folate source has not been shown to interfere with the anti-inflammatory activity of methotrexate. An individual taking methotrexate for psoriasis or rheumatoid arthritis can safely take a supplement containing folate.

SKU	Unit Count	Benefits	Features
SG822	120 Capsules	Bone & Joint	Gluten Free Dairy Free Soy Free

THORNE

