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ONCE A DAY BONE LIFE

6 Key nutrients to support bone health

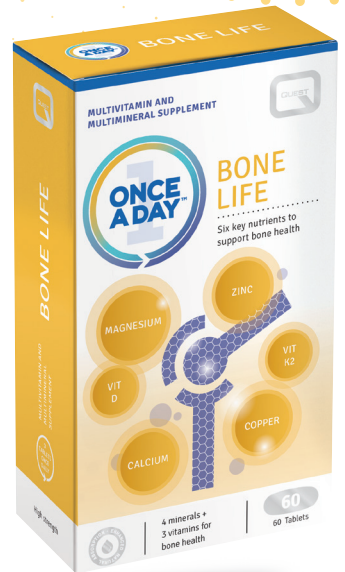
Nutritional Information

One tablet provides:

		*%NRV
Vitamin D3	500 iu	250
Vitamin K	35 µg	46
Calcium	400 mg	50
Magnesium	150 mg	40
Zinc	10 mg	100
Copper	500 µg	50

*NRV = Nutrient Reference Values

Take 1-2 tablets daily with food. Swallow with water.



- Helps to maintain strong bones and reduce the risk or progression of osteoporosis
- Helps reduce the risk of bone fractures and bone loss
- Recommended for women, adolescents and the elderly

DESCRIPTION

Once A Day Bone Life provides vitamins and mineral which are essential for bone health. Vitamin D contributes towards normal absorption of calcium across the intestines and into the blood. Vitamin K works with vitamin D and takes the calcium into the bone tissue. Calcium and magnesium are some of the most abundant minerals in bone and work with each other for the health of bones and teeth. Magnesium is also required for the metabolism of vitamin D, which in turn controls calcium absorption. Zinc and copper also work in balance with each other and contribute towards the normal connective tissue which holds bones cells together.

VITAMIN D3 & BONE HEALTH

Vitamin D for the absorption of calcium: Vitamin D is a major stimulator of intestinal calcium absorption and facilitates cellular calcium absorption. Vitamin D is often found to be deficient in modern civilisations due to our lack of sunlight, and supplementation is recommended to anyone at risk of deficiency or bone disorders.

Vitamin D – an anti-inflammatory: Vitamin D is also an immune regulator and aids with self-tolerance, T and B lymphocytes and immune regulatory cells. People with autoimmune conditions and autoantibodies generally have disordered bone metabolism which can result in bone mineral loss. This is partially due to the way in which inflammatory markers interact with bone cells¹, and the presence of osteoprotegerin antibodies which occur in a variety of autoimmune conditions². Increasing vitamin D levels may help to regulate these antibodies and slow disease progression.

VITAMIN K & BONE HEALTH

Vitamin K for cellular calcium transfer: Vitamin K is an essential vitamin for taking calcium into bones, where it is stored in the body and aids with the strength of bones. Vitamin K works in balance with vitamin D, and it is essential that both are at the right level in the body for the optimum utilisation of calcium.

Vitamin k and bone mineral density: Studies associate low dietary vitamin K intake with low bone mineral density in women. Other research is consistent in the association between low vitamin K intake and an increased risk of hip fracture in women³.

CALCIUM & BONE HEALTH

Calcium – a major bone mineral: Calcium is the major structural component of bone in the form of a calcium phosphate salt called hydroxyapatite. Evidence suggests that peak bone mass and subsequent bone losses are related to calcium intake.

Calcium supplementation of decreasing the risk of fractures: Calcium and vitamin D supplementation has been demonstrated in a large number of clinical trials to reduce the risk of fracture, bone loss and to reduce the risk of osteoporosis.

Studies show that increasing daily calcium intake in adolescent girls totalling to a dietary intake of 110% of the RDA resulted in 24g of bone gain per year which equates to 1.3% of bone mass.⁴

MAGNESIUM & BONE HEALTH

Magnesium – a major bone mineral: Magnesium is found abundantly in the bone and tooth structural matrix. Magnesium works in balance with calcium and facilitates calcium absorption. One study increased the magnesium intake of 19 post-menopausal woman on hormone replacement therapy. A significant bone mineral density increase was observed after just 1 year⁵.

Magnesium for vitamin D metabolism: Magnesium is required for over 300 enzymatic processes within the body, including the activation of vitamin D, which helps to regulate calcium homeostasis and influences the maintenance and growth of bones. Deficiency in magnesium is associated with skeletal deformities⁶.

ZINC AND BONE HEALTH

Zinc for bone integrity: Zinc plays an important role in the strength and integrity of bones. It is required for the formation of collagen which is essential for the strength of bones.

Zinc stimulates osteoblastic bone formation: Zinc stimulates osteoblastic bone formation and inhibits osteoclastic bone reabsorption⁷. In an analysis serum zinc levels were significantly lower in patients with osteoporosis compared to controls. The research concluded that dietary zinc intake could have an essential role in preventing osteoporosis⁸.

COPPER & BONE HEALTH

Copper plays a role in connective tissue formation: Copper works in balance with zinc for the formation of connective such as collagen which keeps bones strong. Copper deficiency slows down the increase of bone mass in childhood and in adolescence and accelerates bone loss after menopause and in old age⁹.

Copper supplementation for higher bone density: Research has shown that women who supplemented with trace elements including copper experienced beneficial effects on bone density¹⁰.

FEATURES:

- 6 Essential nutrients for bone health
- Superior vitamin K2 and D3
- Easy all-in-one tablet

HEALTH NEEDS



BONES



MENOPAUSE



SENIOR'S HEALTH

SCIENTIFIC REFERENCES

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