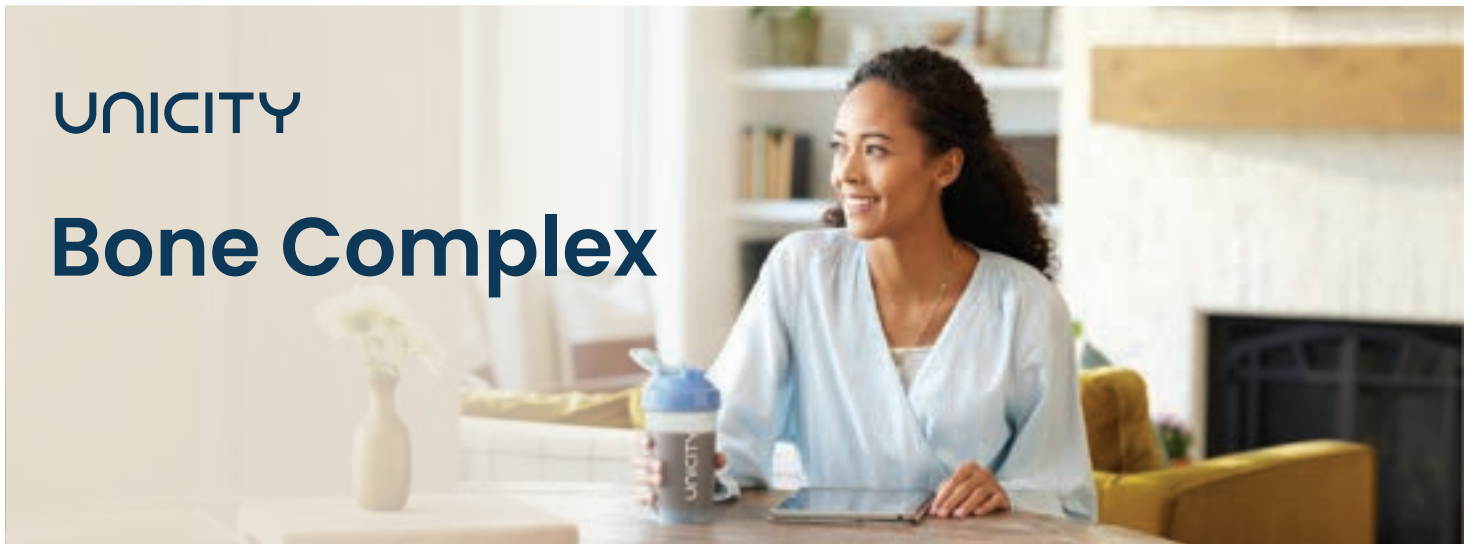


UNICITY

# Bone Complex



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## THE PROBLEM

Our bones are the structural framework for our entire lives, helping us maintain our independence and continue doing the things we love with ease. Our bones are constantly going through a cycle of building up and then being recycled. Throughout your early life, your bones gain strength and density through diet and exercise. But as adults, the process of building our bones slows down and we naturally begin to lose bone mass in our 30s.

Our bones are made of the structural protein collagen and minerals like calcium and phosphorus. We all know calcium is an important component of bone health. Calcium helps make bones stronger, but the body also needs calcium for muscle contraction and nervous system function. If you don't have enough calcium readily available for these crucial functions, it will take the calcium needed from your bones. In addition to calcium, we need other vitamins and minerals such as vitamin D and

magnesium to support calcium absorption and bone growth processes for optimal bone structure. However, many people don't get the nutrients they need from diet and lifestyle alone, and without the necessary nutrients, our bones will be weaker and degrade faster over time.

## THE SOLUTION

Support the system that supports you. With a powerful formula containing calcium, vitamin D, vitamin C, vitamin K, zinc, and magnesium, Bone Complex provides a comprehensive approach. These vitamins and minerals support calcium absorption and collagen production.

## Features

- Easy-to-mix powder formula.
- Available in single-serve sachet.
- Formulated to promote better and faster absorption of calcium.
- Utilizes only natural flavors.
- Sweetened with stevia.

## Benefits



Helps support the natural process involved in calcium and magnesium utilization in the body.



Promotes the distribution and absorption of certain vitamins and minerals.



Helps support normal collagen production processes.



Provides micronutrients that contribute to the maintenance of normal bones.

## USAGE

Mix one sachet in 8-10 oz. of water. Drink once daily.

## Ideal For

- Adults wanting to support bone structure and density.
- People hoping to maintain an active lifestyle.

**Storage Tip:** Bone Complex is very sensitive to humidity. Keep the product stored in a cool and dry location with the lid tightly closed. Additionally, keep the desiccant packet in the powder in the canister until you use all of the product. Do not store in the refrigerator. Mix or shake well in canister before each use.

## Try This:

- Mix with Unimate for a refreshing berry and lemon combination.
- Try with Chi-Oka Matcha for an afternoon pick-me-up.
- Mix with Oasis for the ultimate berry refresher.
- Add to Complete for a berry vanilla blast.



## INGREDIENTS

### Calcium:

The most abundant mineral in the body, calcium helps support healthy bone density. Bone Complex utilizes four different sources of calcium to promote greater absorption.

### Magnesium:

Magnesium is essential in hundreds of cellular processes, including metabolism, bone mineral density, muscle function, and nerve function.

### Zinc:

Contributes to the maintenance of normal bones.

### Vitamin D:

Many people are deficient in Vitamin D in the winter, which is necessary for the absorption of calcium. It also regulates calcium absorption and maintains calcium and phosphate levels in the blood, supporting overall bone density and strength.

### Vitamin K2:

Also known as menaquinone, vitamin K2 is a fat-soluble vitamin essential in ensuring that calcium is used to build strong bones and not deposited in the arteries and soft tissues in the body. Vitamins K and D work synergistically, meaning that taking them together provides more benefits than taking either on its own.

### Vitamin C:

In addition to its antioxidant activity, vitamin C is crucial for bone health as it promotes normal collagen production, which is a key component of bone tissue.

## Supplement Facts

Amount Per Serving	Servings Per Container 30	
	% Daily Value*	
Calories	20	
Total Carbohydrate	5 g	2%
Dietary Fiber	2 g	7%
Total Sugars	4 g	
Includes 4g of added sugar		0%
Sodium	65 mg	3%
Vitamin C (Calcium Ascorbate)	100 mg	111%
Vitamin D (as Cholecalciferol)	45 mcg	225%
Vitamin K (as Fermented Soy Natto)	25 mcg	20%
Calcium (as Calcium Citrate, Tricalcium Phosphate, Calcium Lactate Pentahydrate)	320 mg	25%
Magnesium Hexahydrate (as Magnesium Chloride, Dimagnesium Phosphate)	125 mg	30%
Zinc (as Zinc Gluconate)	9 mg	82%
Manganese (as Manganese Gluconate)	1.8 mg	78%

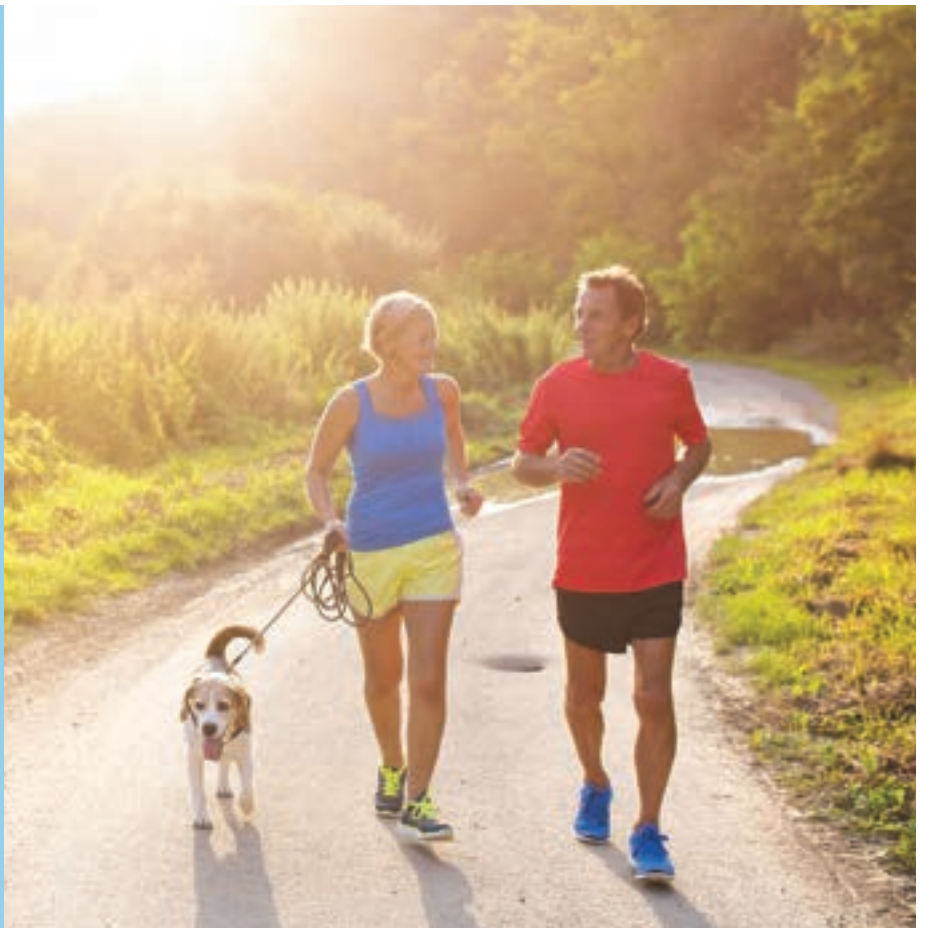
\*Percent Daily Values are based on a 2,000 calorie diet.

OTHER INGREDIENTS: Resistant Maltodextrin, Citric Acid, Natural Flavors, Grape Skin Extract (color), Silicon Dioxide, Pink Himalayan Salt, Stevia Leaf Extract (Rebaudioside A), Xanthan Gum.

CONTAINS: Sulfites

# UNICITY Bone Complex

FAQs



## Can't I get calcium from diet alone?

It is possible to get calcium from your diet, but you have to be careful what to eat. Bone Complex is a low-calorie, easy way to get a calcium boost from multiple sources of calcium and other vitamins such as vitamin D and vitamin K2 that help to improve calcium absorption and utilization.

## Will Bone Complex break my fast?

No! When taken by itself, Bone Complex will not break a fast. It is also a delicious addition to an afternoon Unimate during your eating window.

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\*This product is not intended to diagnose, treat, cure, or prevent any disease.

Unicity.com  
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