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Bone Complex

Vitamin and mineral complex for bone health*



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. In fact, many will experience a serious bone fracture in their lifetime.

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, most 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.

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 to bone health. These vitamins and minerals support calcium absorption and collagen production, helping keep your bones and joints stable throughout your lifetime.

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

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Benefits

- Helps support the natural process involved in calcium and magnesium utilization in the body.*
- Optimizes distribution and absorption of certain vitamins and minerals.*
- Helps support important collagen production processes.*
- Provides essential micronutrients that support overall bone health and density.*

Ideal for

- Those looking for a multi-faceted approach to bone health.
- Adults wanting to support bone structure and density.
- People hoping to maintain an active lifestyle.

Use

- Mix one sachet in 8-10 oz. of water.
- Drink once daily for optimal bone-health support.

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.

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Supplement Facts

Serving Size 1 Packet (7 g)
Servings Per Container 30

Amount Per Serving		%DV*
Calories	20	
Total Carbohydrate	5 g	2%
Dietary Fiber	2 g	7%
Total Sugars	<1 g	
Includes <1 g Added Sugars		0%
Sodium	65 mg	3%
Vitamin C (as 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 (as Magnesium Chloride Hexahydrate and 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.

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 — Supports bone growth and repair, as well as helps maintain bone mineral density and strength.

Vitamin D — More than 25% of the population is deficient in vitamin D, 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 regulates collagen production, which is a key component of bone tissue, and aids in the repair and maintenance of bones.

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Frequently asked questions

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.

Can’t I get calcium from diet alone?

The recommended daily value for calcium is 1,300 mg. This would be the equivalent of almost 4 cups of milk! Bone Complex is a lower-calorie, easier way to get a calcium boost. Additionally, Bone Complex contains multiple sources of calcium and other vitamins such as vitamin D and vitamin K2 that help to improve calcium absorption and utilization.