



Ultra Bone Health

Ultra Bone Health supports the restoration of bone mass for those with Osteoporosis. This blend also helps support bone health for women nearing menopause who may be concerned about bone loss. For most of our lives, we have depleted the supply of calcium, magnesium and potassium from the body. When we eat acid forming foods or are under stress, the body automatically "dumps" these alkaline minerals from our bones, teeth, tissue and muscle to "rescue" our pH levels in the bloodstream. This process and the loss of bone mass due to menopausal effects are the major contributors to Osteoporosis. Our blend replenishes vital minerals, trace minerals and vitamins so that the body can begin to rebuild and restore bone mass. It also contains key ingredients to promote optimal bioavailability and absorption. Ipriflavone, one of our primary ingredients, is a special extract from soy Isoflavones. It has been tested and found to promote bone mass, bone health, retention of calcium, and formation of osteoblasts (new bone cells).

For patients with Osteoporosis or Osteoarthritis it is generally recommended that your dietary intake include foods that are alkaline forming and that animal proteins be reduced. Elimination of colas, sodas, sugary foods and beverage, and processed foods will promote a reduction of acid. For beverages you will find that delicious herbal teas can be refreshing and that they are more balanced than sugary, carbonated drinks. Be sure to eat 5 to 9 servings a day of fresh vegetables and fruit, particularly green leafy vegetables. These foods promote better health. Those of you on a tight schedule who can't always eat enough fresh vegetables or fruit can try the Alfalfa Power or the Total Fruit and Vegetable Formula.

When we take in more acid forming food and beverages, our body dumps calcium and other alkaline minerals from our bones and tissue into the bloodstream to balance the blood and body pH. This process increases the cause of disease, such as Osteoporosis and other degenerative disease. Taking pH Plus in water or Alfalfa Power promotes a more alkaline system and supports the elimination of harmful acidic waste.

Other formulations that act synergistically with Ultra Bone Health include MSM Plus C (Powder or Capsules) and Ultra Joint Health. Ultra Joint Health promotes the rebuilding of cartilage in the joint and supplies some MSM. For those who require increased amounts of MSM, please try MSM Plus C. These products are bioavailable and are properly pH balanced. For more information on the ingredients in this product, request the longer data sheet.

For more information call: **NEWtritional Health Care**; 256-757-0660 or 800-745-4408

"These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease."