Strontium
Bone Health

DESCRIPTION
Strontium capsules, by Douglas Laboratories, provides 200 mg of elemental strontium in each vegetarian capsule.

FUNCTIONS
Bone health is rapidly becoming an increasingly important issue. It is well known that the risk of fracture increases with age and that the number of people over 50 years of age is a rapidly growing segment of the population. By the year 2020, half of all Americans will already have or will develop problems with their bone structure. The maintenance of healthy bone structure results from a balance of bone resorption (by osteoclasts) coupled with bone formation (from osteoblasts). The trace mineral strontium supports healthy bone structure by promoting healthy osteoblast activity while maintaining healthy osteoclast activity. Human studies have shown the supplementation with strontium containing products may help maintain normal bone structure, including hip bones and vertebrae.†

INDICATIONS
Strontium may be a useful dietary supplement for individuals wishing to support normal bone health.

FORMULA (#200242)
1 Vegetarian capsule contains:
Strontium (from strontium citrate) .............................. 200 mg

SUGGESTED USE
Adults take 1 capsule daily with meals or as directed by your healthcare professional.

SIDE EFFECTS
No adverse side effects have been reported.

STORAGE
Store in a cool, dry place, away from direct light. Keep out of reach of children.
**Strontium**

**Bone Health**

**REFERENCES**


For more information on Strontium Bone Health visit douglaslabs.com

† 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.