

## **Boron Plus**

### **Supporting Bone and Membrane Integrity**

#### **DESCRIPTION**

Boron Plus, provided by Douglas Laboratories, supplies 6 mg of bioavailable boron per serving.

#### **FUNCTIONS**

Research since the early 1980's indicates that boron is an essential trace element for humans. Boron is very important for normal cell membrane function and integrity. Cell membranes are involved in hormonal signaling and other regulatory functions. Boron also can help modulate the second messenger functions of calcium at the cell membrane level. Again through its involvement in cell membrane integrity, boron is also important for nerve signal transduction and brain function.

Most notably, boron can support the composition, structure, and strength of bone. Among other factors, boron appears to be necessary for calcium and magnesium absorption, their adequate renal reabsorption, and their incorporation into the bone matrix. Normal copper metabolism and the activity of the copper containing antioxidant enzyme superoxide dismutase (SOD) have been shown to depend on adequate levels of dietary boron.

Absorption of boron from foods is about 90 % efficient, and it is rapidly distributed among the tissues. The highest boron concentrations in the body are found in bone, spleen and thyroid.

Foods of plant origin, especially leafy vegetables, nuts, and legumes are rich sources of boron. Wine, cider and beer are also high in boron, while meats, fish and dairy products are generally low. Average daily boron intakes range between 0.5 and 3.1 mg, and daily amounts of 1-10 mg are considered safe and adequate.

#### **INDICATIONS**

Magnesium/Potassium Complex may be a useful nutritional adjunct for individuals who wish to increase their dietary intake of magnesium and potassium.

#### **FORMULA (#7406)**

##### **3 Tablets Contains:**

Boron (aspartate-citrate) ..... 6 mg

#### **SUGGESTED USE**

One capsule daily as a dietary supplement, or as directed by a healthcare professional.

#### **SIDE EFFECTS**

No adverse side effects reported.

#### **STORAGE**

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

#### **REFERENCES**

Meacham SL et al. Effect of boron supplementation on blood and urinary calcium, magnesium, and phosphorus, and urinary boron in athletic and sedentary women. *Am J Clin Nutr* 1995;61:341-345.  
Newnham RE. Mineral imbalance and boron deficiency. In: *Trace Element Metabolism in Man and Animals* (McC Howell J et al, eds), Ch. 4, p.400-402, Australian Academy of Sciences, 1981.  
Nielsen FH. Ultratrace Minerals. In: *Modern Nutrition in Health and Disease*, 8th ed. (Shils ME et al., eds.), Ch.15, p.272-274, Lea & Febiger, 1994.

**For more information on Boron Plus visit [douglaslabs.com](http://douglaslabs.com)**

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† 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.

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Your patients trust you.**

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