

dōTERRA Women

Bone Nutrient

Essential Complex

PRODUCT DESCRIPTION

dōTERRA Women Bone Nutrient Essential Complex is a blend of vitamins and minerals that are essential for bone health in women beginning in adolescence and continuing through menopause. Bone Nutrient Essential Complex is formulated with bioavailable forms of natural nutrients that include vitamins C and D, plus calcium, magnesium, and other trace minerals that support healthy bone density as a woman ages.

CONCEPT

Beginning at an early age, women begin to build bone mass, reaching a maximum bone density in their late twenties. A diet rich in essential bone nutrients is critical during these early years of bone development, but women consume less than the recommended amounts of calcium and other bone nutrients for optimal bone health. This deficiency is pronounced in teens who are less likely to eat right but who would benefit from increased bone nutrient consumption as their young bones are absorbing nutrients at a rate nearly double that of adult women.

As a woman ages, healthy bone mass and density becomes a more significant influencer of overall health and quality of life. Scientists agree that adequate calcium and vitamin D throughout life, as part of a well-balanced diet, may reduce the risk of osteoporosis. Building strong bones through a woman's formative years and maintaining bone mass and density as she ages are critical parts of a lifelong health strategy.

PRIMARY BENEFITS

- Provides optimal levels of vitamins and minerals essential for developing and maintaining healthy bones
- Provides an excellent source of calcium and magnesium
- Supports healthy bones and overall health throughout a woman's lifetime
- Proprietary formula of the highest quality bone nutrients in bioavailable forms
- Contains vitamin D2 and D3 to help bones absorb calcium
- Made with sodium lauryl sulfate-free HPMC vegetable capsules



DIRECTIONS FOR USE

Teen and adult women (and men) take four (4) capsules daily with food.

CAUTIONS

Pregnant or nursing women and people with known medical conditions should consult a physician before using.

Store in a cool, dry place.

FAQS

Q: At what age should a woman start using Bone Nutrient?

A: Bone Nutrient Essential Complex is safe for use by women of all ages desiring to increase their dietary consumption of essential bone nutrients. It can help young adults reach their maximum peak bone mass and help prevent bone loss throughout adulthood, especially after menopause.

Q: Can men also use Bone Nutrient?

A: The Bone Nutrient Essential Complex can be safely and effectively used by men. It is marketed toward women because women are at a higher risk for bone loss, especially after menopause. However, bone loss also occurs in men.

Q: Why do I need both vitamins D2 and D3?

A: Vitamin D2 (ergocalciferol) and vitamin D3 (cholecalciferol) are included in the Bone Nutrient Complex to help you get both forms of vitamin D. Both forms effectively raise vitamin D levels in your blood and contribute to optimum bone health.

Q: Can this product be considered GMO-free and gluten-free?

A: Bone Nutrient Essential Complex does not contain genetically modified material or gluten.

COMPLEMENTARY PRODUCTS

- dōTERRA Lifelong Vitality Pack®
- Microplex VMz®
- Phytoestrogen Essential Complex

KEY STUDIES

- Mosele M, Coin A, Manzato E, et al. Association between serum 25-hydroxyvitamin d levels, bone geometry, and bone mineral density in healthy older adults. *The Journals of Gerontology Series A: Biological Sciences and Medical Sciences*. 2013;68(8):992-998.
- Peters BS, Martini LA. Nutritional aspects of the prevention and treatment of osteoporosis. *Arquivos Brasileiros de Endocrinologia & Metabologia*. 2010;54:179-185.
- Bonjour JP, Gueguen L, Palacios C, et al. Minerals and vitamins in bone health: the potential value of dietary enhancement. 2009;101:1581-1596.
- Castiglioni S, Cazzaniga A, Albisetti W, Maier JA. Magnesium and osteoporosis: current state of knowledge and future research directions. *Nutrients*. 2013;5(8):3022-3033.
- Devirian TA, Volpe SL. The physiological effects of dietary boron. *Critical Reviews in Food Science and Nutrition*. 2003;43(2):219-231.

NUTRITION INFORMATION

Serving Per Package: 30

Serving Size: 4 Vegetable Capsule (5.44 g)

	Per Serving
Energy	3 Kcal
Protein	0.1 g
Total Fat	0 g
Saturated Fat	0 g
Trans Fat	0 g
Total Carbohydrates	0.5 g
Sugars	0 g
Dietary Fiber	0.4 g
Sodium	0 mg
Vitamin C	116 mg
Vitamin D	23 mcg

Ingredients: Bone Nutrient Blend (Calcium (Coral calcium), Magnesium oxide, Ascorbic acid, Dicalcium phosphate, Zinc sulfate (Zinc), Boric acid (Boron), Manganese sulfate (Manganese), Copper carbonate (Copper), Biotin, Vitamin D3 (Cholecalciferol), Vitamin D2 (Ergocalciferol))

Other Ingredients: stabilizer (Hypromellose), bulking agent (Rice Flour), Brewers yeast, Extra virgin olive oil, anti-caking agent (Stearic acid), antioxidant (Citric acid), bulking agent (Maltodextrin), stabilizer (Modified food starch), Aspartic acid, gelling agent (Gelatin(porcine)), antioxidant (Sucrose), gelling agent (Starch-corn derived), vegetable oil, stabilizer (Beta hydroxyacid), preservative (Butylated hydroxytoluene), Protease, anti-caking agent (silicon dioxide)