**Pro Bono**

Product #350

**Supplement Facts**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount Per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin D3 (as Cholecalciferol)</td>
<td>1,000 IU</td>
<td>250%</td>
</tr>
<tr>
<td>Vitamin K (500 mcg K1, 25 mcg K2 as MK7)</td>
<td>525 mcg</td>
<td>656%</td>
</tr>
<tr>
<td>Folic Acid</td>
<td>800 mcg</td>
<td>200%</td>
</tr>
<tr>
<td>Calcium</td>
<td>1,200 mg</td>
<td>120%</td>
</tr>
<tr>
<td>Magnesium</td>
<td>400 mg</td>
<td>100%</td>
</tr>
<tr>
<td>Selenium</td>
<td>200 mcg</td>
<td>286%</td>
</tr>
<tr>
<td>Copper</td>
<td>1 mg</td>
<td>50%</td>
</tr>
<tr>
<td>Manganese</td>
<td>10 mg</td>
<td>500%</td>
</tr>
<tr>
<td>Molybdenum</td>
<td>150 mcg</td>
<td>200%</td>
</tr>
<tr>
<td>Ipriflavone</td>
<td>600 mg</td>
<td>*</td>
</tr>
<tr>
<td>Boron (as Proteinate)</td>
<td>5 mg</td>
<td>*</td>
</tr>
</tbody>
</table>

* % Daily Value not established

**OTHER INGREDIENTS:**
Natural Vegetable Capsules and Turmeric Root Extract. This product may contain one or more of the following: Calcium Silicate, Magnesium Stearate, Microcrystalline Cellulose and Silicon Dioxide.

**PRODUCT RATIONALE:**
These packets are intended to conveniently contain all the necessary components for maximum bone mineral density and strength.

**INGREDIENT INFORMATION:**

**Ipriflavone**
- Ipriflavone is an isoflavone derivative which has proven in animal and human research to enhance bone function and strength, particularly in counteracting bone loss during menopause.

![Genistein](image)

![4c. Ipriflavone](image)

- Enhances Calcium Transport. 1
- Regulate the differentiation and biosynthetic properties of human bone-forming cells in vitro.
- Increase expression of proteins important to bone matrix deposition and facilitates the process of mineralization. 2
- Ipriflavone studies in women with established osteoporosis show consistent increases (or maintaining) of BMD, a reduction in fracture rate and a decrease in markers of bone resorption. 3,4

**Vitamin D3 (Cholecalciferol)**
- Vitamin D is a hormone-like vitamin which acts to regulate calcium absorption (in the gut) and incorporation into bone. Deficiencies of Vitamin D are common in the elderly and inversely related bone mineral density and fracture rates in postmenopausal women. Vitamin D intake reduces falling in elderly by an average of 22%. 5

**Vitamin K1 (Phytonedione)**
- Vitamin K is a coenzyme for the enzyme responsible for synthesizing osteocalcin, a protein involved in attracting calcium ions into bone tissue. Low circulating Vitamin K is associated with decreased BMD and increased fractures. 6
- 244 nonosteoporotic women received either 200 mcg/day vitamin K, 400 IU/day vitamin D3 plus 1 g/day calcium, combined treatment of vitamin K, D3 and calcium or placebo in a 2 year double-blind study. Those receiving the combined treatment had a modest but significant increase in BMC and BMD at the ultradistal radius. 7
**Vitamin K2 (Menaquinone)**

- Among the vitamin K family, K2 has been found to have the most potent gamma-carboxylation activity, found in osteocalcin.  
- High levels of vitamin K are needed for the total gamma-carboxylation of osteocalcin.  
- Both vitamin K1 and K2 are well absorbed, however, MK7 has a longer half-life which results in more stable serum levels of vitamin K2.

**Boron**

- Boron is known to be involved in the functions of Ca, K, P, Mg and Vitamin D. Deficiencies in Boron in both animals and humans is linked with bone abnormalities.

**Dosing:**

As a dietary supplement, 2 packets per day with a meal. Maintenance: 1 packet per day with a meal or as recommended by your health care professional.

**Contraindications—Warnings:**

Class 1. Caution is advised for those taking digoxin or any cardiac glycoside and those taking Warfarin or other blood thinning medications. This product contains soy and corn allergens.

**References:**