

# PRO BONO PRODUCT INFO SHEET



## Description

Support for Musculoskeletal Health.

## Ingredients

Pro Bono is a product that incorporates many bone supporting elements in a convenient packet that can be taken on the go. Bone health is an important issue and requires a long term health plan.

The importance of calcium is well known and highly marketed in the United States and Europe for its role in bone health. Other important bone minerals include magnesium and manganese. Approximately 50% of magnesium found in the body is in bone and often times diet alone does not supply the appropriate amounts of magnesium needed to sustain bone health.

Vitamins K and D are also needed to support bone health. Vitamin K is required for the synthesis of osteocalcin, a bone protein needed for bone formation. Pro Bono has included two different forms of vitamin K known as phytonedione (K1) and menaquinone (K2 as MK7). To date most of the research done on vitamin K and bone health has used K1 with positive outcomes. More recently vitamin K2 has been found to have a longer half life than K1, which means serum levels of vitamin K are more stable and longer lasting.

Ipriflavone has also been examined in bone health research. Ipriflavone is a plant compound and is believed to slow the rate of bone loss. In one study, women given 600 mg per day had a 6% increase in bone mineral density after 12 months.

## Dosage

**SUGGESTED USE:** 2 packets per day with a meal. Maintenance: 1 packet per day with a meal or as recommended by your health care professional.

## Contraindications

*Caution is advised for those taking digoxin or any cardiac glycoside, those taking Warfarin or other blood thinning medications, kidney failure, those with hyperuricemia, or hypercalcemia. Do not consume this product if you are pregnant or nursing.*

## Supplement Facts

Serving Size: 2 Packets

Servings Per Container: 30

2 packets contain	Amount Per Serving	% Daily Value
Vitamin D3 (as Cholecalciferol)	1,000 IU	250%
Vitamin K (500 mcg K1, 25 mcg K2 as MK7)	525 mcg	656%
Folic Acid	800 mcg	200%
Calcium (as Hydroxyapatite, Di-Calcium Malate)	1,200 mg	120%
Phosphorus (as Calcium Hydroxyapatite, Chelate)	450 mg	45%
Magnesium (as Aspartate, TRAACS <sup>®</sup> Magnesium Glycinate Chelate Buffered, Citrate)	400 mg	100%
Selenium (as Selenium Glycinate Complex)	200 mcg	286%
Copper (as TRAACS <sup>®</sup> Copper Lysinate Chelate)	1 mg	50%
Manganese (as TRAACS <sup>®</sup> Manganese Glycinate Chelate)	10 mg	500%
Molybdenum (as TRAACS <sup>®</sup> Molybdenum Glycinate Chelate)	150 mcg	200%
Ipriflavone	600 mg	*
Boron (as Proteinates)	5 mg	*

\* % 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.

ID #350060 ~ 60 Packets

*These statements have not been evaluated by the FDA. This product is not intended to treat, diagnose, prevent, or cure any disease. Consult a physician before taking. Should you experience any serious physical side effects from taking these nutritional supplements, discontinue and call your doctor immediately.*