

# DAILY BONE CARE™

## FOOD COMPOUND VITAMIN

Bone is a dynamic tissue that is in a constant flux of resorption (breaking down) and restoration (rebuilding). To maintain a balance between these actions and reduce the risk of bone loss, health care professionals recommend men and women of all ages include a comprehensive nutritional supplement targeted to support bone health in addition to a daily multi-vitamin. **Daily Bone Care™** is a nutritionally advanced Food Compound Vitamin designed to provide complete nutritional support for optimal bone health.

### CALCIUM ALONE IS NOT ENOUGH

Although calcium is a well-known nutrient for healthy bones, there is more to bone health than calcium alone. **Daily Bone Care™** is formulated with calcium, magnesium, phosphorus, vitamin D, vitamin K, silicon, boron, trace minerals, and nourishing whole foods. Each nutrient in **Daily Bone Care™** is skillfully combined with a nourishing whole food extract. RightFoods™ whole food extracts are naturally rich in essential vitamins, minerals, and numerous beneficial food compounds. Current research has identified food compounds to have several important health-promoting roles in the body. In fact, one preliminary study found food compounds to be effective in increasing the mineral content of bones.<sup>1</sup>

It has been proven a diet comprised mostly of fruits, vegetables, and whole grains, is an essential element to achieve and maintain good health. These are the foods rich in food compounds. One study identified a direct link between bone health and a diet that includes a variety of fruits and vegetables. The study revealed that food compounds other than calcium in fruits and vegetables positively affected bone health.<sup>2</sup>

Since the average American diet lacks enough servings of fruits, vegetables and whole grains per day, it is beneficial to choose a Food Compound Vitamin. If you are concerned about the health of your skeletal system, **Daily Bone Care™** is the best choice to ensure you are getting all the essential nutrients and food compounds necessary to promote optimal bone health.

### BETTER CALCIUM, BETTER BONES

The *type* of calcium you take is more important than the *amount* you take. RightFoods™ exclusively uses 100% Amino Acid Chelated (AAC) minerals in **Daily Bone Care™**. All minerals, including calcium, need to attach to free amino acids for efficient absorption and utilization. More common forms of chelated calcium are calcium carbonate and calcium citrate. These forms of calcium are attached to molecules other than amino acids. In order for these chelates of calcium to be absorbed, the calcium must break away from the chelated citrate and attach to free amino acids in the digestive tract. A quality meal providing ample amounts of amino acids from digested protein needs to be consumed with these forms of calcium for efficient absorption to occur. Without enough of the right foods at the right time, the absorption rate of calcium carbonate or citrate is minimal. Studies have shown that since amino acid chelated minerals do not have to be broken apart through digestion and attached to free amino acids from food, they are *up to 300 times more absorbable than other mineral complexes like calcium citrate or carbonate*. **Daily Bone Care™** also provides a balanced calcium/magnesium ratio of 2:1. This is the same ratio found naturally in more than 170 fruits, vegetables, and whole grains. The inclusion of mineral rich foods such as broccoli, kale, kelp, *hydrilla* (an aquatic green food), and alfalfa further enhance the absorption and utilization of the minerals in **Daily Bone Care™**. The proteins and food compounds found in these foods act as “helping hands,” guiding the absorption and delivery of the minerals to the cells that need them most. This delivery mechanism, defined as utilization, is where good health begins. Without efficient utilization, the nutritional value of vitamin and mineral supplementation is diminished.



# Supplement Facts

Serving Size 2 Tablets

Amount per Serving		% Daily Value ▼
Vitamin D	(D3, Alfalfa*)	100 IU 25
Vitamin K	(K1, Kale*)	50 mcg 63
Calcium	(AAC†, Hydrilla*)	300 mg 30
Magnesium	(AAC†, Alfalfa*)	150 mg 38
Phosphorus	(AAC†, Rice Bran*)	3 mg <1
Silicon	(AAC†, Green Pepper*)	25 mg **
Boron	(AAC†, Broccoli*)	3 mg <2

## Complete Active Range™ Food Compounds:

**Terpenes** (Carotenoids<sup>††</sup>: Carrot 3:1), (Limonoids: Orange 3:1, Lemon 3:1), (Saponins: Alfalfa 3:1), (Lycopene: Tomato Extract 4:1); **Phenols** (Betanin: Beet 3:1), (Anthocyanins: Cranberry 25:1, Wild Blueberry 7:1), (Flavonoids: Citrus 3:1, Acerola 4:1, Rose Hips 4:1), (Isoflavones: Kudzu 10:1); **Amines** (Chlorophyll: Hydrilla 50:1), (Enzymes: Green Papaya 3:1); **Polysaccharides** (Rice Bran 3:1, Shiitake 3:1), (Pectin: Apple 3:1); **Organosulfurs** (Indoles: Cabbage 3:1), (Sulforaphanes: Broccoli 5:1), (Isothiocyanates: Kale 3:1), (Thiosulfonates: Onion 3:1); **Lipids** (Omega-3: Flax 3:1), (Sterols: Pumpkin Seed 4:1), (Isoprenoids: Spinach 3:1); **Organic Acids** (Ellagic Acid: Black Currant 3:1), (Coumaric Acid: Green Pepper 5:1) 300 mg \*\*

**Total Food & Herb Fresh Weight is 10,300 mg.**

## Other Ingredients:

Guar Gum, Food Glaze, Vegetable Lubricant.

\* Food extract with potency up to 50 times their actual weight.

\*\* Daily Value not established.

† Amino Acid Chelates are superior to many other mineral forms.

†† Carotenoids including Lutein, Zeaxanthin, Cryptoxanthin, Alpha-Carotene, and Lycopene.

- Muhlbauer, R.C., et al. "Effect of vegetables on bone metabolism." *Nature*, 401: 343-44 (September 23, 1999).
- New, S.A., et al. "Dietary influence on bone mass and bone metabolism: further evidence of a positive link between fruit and vegetable consumption and bone health?" *American Journal of Clinical Nutrition*, 71:142-151 (Jan. 2000).

## THE RIGHT AMOUNT

Calcium and other minerals exist at low levels in whole foods in comparison to the dosages of most calcium supplements available today. It is counterproductive to take dosages much higher than what is found in food, because the body's innate ability to absorb calcium, among other nutrients, declines as higher doses are taken. It is not only more effective, but it is also more beneficial to your health to choose **Daily Bone Care™**, a Food Compound Vitamin that provides balanced doses of essential nutrients with supportive foods to support bone health for superior absorption and utilization.

## ROLE OF DAILY BONE CARE NUTRIENTS

NUTRIENT	FUNCTION	FOOD SOURCE
Calcium	Essential for healthy bones, teeth, and connective tissue. Also important in maintenance of heartbeat and nerve transmission. 99% of the body's calcium is stored in the bones.	Hydrilla
Magnesium	Collaborates with Calcium in bone formation. Required for numerous enzymatic reactions in the body. 60% of all magnesium in the body is stored in bone.	Alfalfa
Vitamin D3	Regulates blood calcium levels and bone metabolism. Involved in regulation of heartbeat.	Alfalfa
Vitamin K	Essential for bone formation and repair.	Kale
Phosphorus	Essential for bone and tooth formation. Needed for proper heartbeat and tissue strength.	Rice Bran
Silicon	Required for the formation of collagen for bones and connective tissue. Promotes healthy nails, hair, and skin.	Green Pepper
Boron	Increases the absorption and activity of calcium in bone tissue. Also helps with the metabolism of Calcium, Magnesium, and Phosphorus.	Broccoli
Food Compounds	Food compounds have been identified to exhibit several health-promoting activities, including roles as potent antioxidants, and further enhance the utilization of supplemental vitamins and minerals.	Provided by a complete range of 26 whole foods, create a Complete Active Range

All of RightFoods™ products are FREE from Corn, Dairy, Wheat, and Yeast.

All are formulated WITHOUT Artificial Colors, Flavors, Sugars, or Preservatives.

Free of GMOs based on average analysis. Tested Six Times For Potency And Purity.

RightFoods™ Inc.

An FDA Registered Establishment

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