

Rebuild Bone Density Protocol

improve bone health by increasing bone strength and bone mineral density. The nutrients found in BoneSure, MK7 with D3 Drops, and Basictab increase bone mineral density and reduce the risk of developing osteoporosis.

Osteoporosis (brittle bones) is a condition where there is an impaired metabolism of the inorganic and organic bone mass. According to European Biological Medicine, increased acidification of the tissues can reduce bone mineral density. The bones serve as the mineral reservoirs in the body and help maintain normal systemic pH levels. When increased acidification occurs, calcium and other minerals from drawn from the bones and muscles to buffer the excess of acid (hydrogen ions), contributing to calcium and mineral loss from the bones.

Remedy	Phase/Dose	Monday to Sunday
BoneSure	2 capsules	two times a day
MK7 with Vitamin	1 drop	once a day
Basictab	2 tablets	two times a day



BoneSure

Recommended dosage (adult): 2 capsules two times daily. Safe to use long term.

Bone Health Benefits: BoneSure contains a combination of plant-based minerals (from marine algae Lithothamnion corallioides), vitamins (C, D, K), boron, and trace elements to provide full-spectrum remineralization and bone health. It works to improve bone structure and function through increasing bone mineral density, bone strength, and healthy bone formation.^{1,2,3,4} When combined with a healthy diet and physical activity, it can reduce the risk of developing osteoporosis^{5,6,11,12} and improve bone health in peri-menopausal and menopausal women.^{7,8,9,10,13}

Key Features: Increase bone mineralization and bone mineral density, plant-sourced multi-mineral, contains 76 naturally occurring trace minerals, high absorption and bioavailability, increase bone and collagen formation, improve bone health in peri-menopausal and menopausal women, reduce risk of developing osteoporosis.



MK7 with D3 Drops

Recommended dosage (adult): 1 drop once daily. Safe to use long term.

Bone Health Benefits: MK7 with Vitamin D3 is a combination of vitamin K2 (MK7, menaquinone 7) and vitamin D3 to maintain bone health^{3,4,10,13} and improve calcium absorption and binding into the bone matrix. Vitamin D is specifically required for absorption and utilization of phosphorus and calcium, two important components of bones. When vitamin D3 is combined with a healthy diet and physical activity, it can reduce the risk of developing osteoporosis.^{11,12}

Key Features: Maintain healthy bones, improve calcium and phosphorus absorption for bone health, reduce the risk of developing osteoporosis, prevent vitamins D and K deficiency.



Basictab

Recommended dosage (adult): 2 tablets twice daily. Take with warm water on an empty stomach. Use for three to six months.

Osteoporosis: Bone Health Benefits: Osteoporosis is a condition where there is an impaired structural metabolism of the inorganic and organic bone mass. According to European Biological Medicine, metabolic acidosis (over-acidification) of the tissues causes bone cell dysfunction and reduces bone mineral density.¹⁴ The bones serve as the mineral reservoirs in the body, providing a protective function to maintain normal systemic pH levels.¹⁴ When over-acidification occurs, calcium and other minerals from drawn from the bones and muscles to buffer the excess of acid (hydrogen ions), contributing to calcium loss from the bones.¹⁵

Alkaline therapy with NaHCO₃ (sodium bicarbonate) supplementation increases serum bicarbonate levels in the blood.¹⁶ Recommendations to reverse metabolic acidosis and restore normal pH levels include alkaline therapy, a diet high in alkaline foods, and a reduced protein diet.^{17,18} These recommendations are beneficial in addressing the root cause and the treatment of osteoporosis.¹⁹

Key Features: Rebalance acid-base and proper tissue pH levels, decrease inflammation, support bone health. peri-menopausal and menopausal women, reduce risk of developing osteoporosis.


Medicinal Ingredients: Each vegetarian capsule contains:

Aquamin® (<i>Lithothamnion spp.</i>)	
Calcium (carbonate)	.275 mg
Magnesium (carbonate)	.19 mg
Vitamin C (Calcium ascorbate)	.62 mg
Boron (Boron citrate)	0.8 mg
K2Vital Vitamin K2 (Menaquinone-7)	.25 mcg
Vitamin D3 (Cholecalciferol)	(240 IU) 6 mcg

Non-medicinal Ingredients: Hydroxypropyl methylcellulose, rice flour, magnesium stearate.

Caution/Warnings: Consult a healthcare practitioner prior to use if you have been diagnosed with estrogen dependent cancer. Consult a healthcare practitioner if you are taking blood thinners. If you have a kidney disorder, consult a healthcare practitioner prior to use.

NPN 80091329 • 90 capsules


Medicinal ingredients: Each drop (0.028 ml) contains:

Vitamin K2 (MK7)	.25 mcg
Vitamin D3	1000 IU (25 mcg)

Non-medicinal ingredients: Coconut oil, olive oil, medium chain triglycerides, lemon flavour.

Caution/Warnings: Consult a healthcare practitioner prior to use if taking blood thinners.

NPN 80082256 • 10 ml drops


Medicinal ingredients: Each tablet* contains:

Calcium (calcium carbonate)	.103 mg
Sodium (sodium bicarbonate)	.57 mg
Magnesium (magnesium carbonate)	.45 mg
Potassium (potassium bicarbonate)	.10 mg

*Elemental mineral amount shown

Non-medicinal ingredients: Microcrystalline cellulose, disodium phosphate, croscarmellose sodium and magnesium stearate.

Caution/Warnings: Avoid using two (2) hours prior to or until four (4) hours after taking other medications or food.

NPN 80003560 • 180 tablets



References

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