



Health Matters

by
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A scientific report in *The New England Journal of Medicine* has raised serious questions about the prolonged use of drugs commonly prescribed to millions of women with osteoporosis. The concern is that not only do these drugs impede the breakdown of old brittle bone, but also interfere with the building of new healthy bone.

To proactively protect and strengthen your bones, avoid soft drinks and smoking, get regular weight-bearing exercise and nourish them with not only a good source of calcium, but also a mineral supplement called Silica, which has been clinically proven to more effectively mineralize bones by boosting calcium absorption by 50%.

Bone-Sil, an extract of the herb, Horsetail, naturally provides 20mg of Silica per serving. Also necessary for the production of collagen, a protein matrix that holds our tissues together, Silica reinforces the structure of our hair, skin and nails, as well as helps us retain bone density.

As always, we guarantee your satisfaction.

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