

Maximise Bone Strength with Solgar's New Ultimate Bone Support

8 key bone supportive nutrients builds and maintains strong bones patented manufacturing process easy absorption fewer tablets required

Nov. 17, 2009 - [PRLog](#) -- Newcastle, UK -- Strong bones are essential to maintain good health for men and women of all ages. Solgar's new Ultimate Bone Support is a comprehensive supplement containing eight key bone-building nutrients designed to support optimal bone health.

What makes Solgar's Ultimate Bone Support so special? Solgar's new formulation contains the most advanced, scientifically researched, highly absorbable vitamins and unique chelated* mineral compounds, which work in combination to offer superior nutrient delivery.

What's so unique about chelated minerals in this formula? Solgar's organic chelated mineral compounds are unique, as they are subject to a specialist patented manufacturing process that greatly improves their bioavailability. For the consumer, this offers a greater advantage as fewer tablets are required to achieve adequate nutrient levels. Minerals that are in an organic chelated state, are able to bypass the majority of digestive processes offering superior absorption in comparison to other mineral compounds available.

Why is this so beneficial? Good digestion is required to absorb minerals so they can be sufficiently utilised in the body (in particular calcium and magnesium), and a poor digestive function may cause minerals to be inadequately absorbed. However, chelated minerals are very easily absorbed, which can be highly beneficial to those with impaired gut health.

When do you need to worry about bone health? Peak bone mineral density is reached during your mid twenties and begins to decline slowly. After the age of 35 bone loss increases gradually as part of the natural ageing process. So, the more you can do to build bones early in life, the better your bone health will be in later years. Diet and lifestyle play a vital role in bone density. Excess caffeine, smoking, stress, alcohol and some restrictive weight loss plans may contribute to a mineral deficiency. Adding nutritional supplements to the diet are suitable during any stage of adult life.

Solgar's 8 key Ultimate Bone Support ingredients:

Boron 2mg (citrate)

Boron improves the absorption of calcium, phosphorus and magnesium. It plays a part in the synthesis of Vitamin D, and strengthens the connective tissue in bone matrix. Research suggests that boron supplementation significantly influences oestrogenic activity which is shown to have a positive influence on bone density in women.

Calcium 1000mg (malate, citrate, glycinate)

Calcium is crucial for bone health and an essential mineral in general as it plays a key role in virtually every function in the body. Ninety-nine per cent of the body's calcium is stored in the skeleton and everyday about 200mg is removed from the skeleton into the blood, and needs to be replenished. To restore this loss you need to consume about 600mg per day to keep the balance stable.

Copper 0.5mg (amino acid chelate)

Copper is needed for the proper integration of collagen and elastin within the body tissues, thus allowing them to help establish connective tissue structures with the necessary stability and elasticity. Collagen is the most abundant protein in the body and is the major structural component of connective tissue within the

skin, joints and bones.

Vitamin D3 1000mg iu (cholecalciferol)

Vitamin D3, known as the 'sunshine vitamin' is the preferred form of this important nutrient. Vitamin D contributes to normal bone growth and development by helping the bones absorb calcium. It is also responsible for producing the hormones which maintain healthy levels of calcium and phosphorus levels in the bones and bloodstream.

Vitamin K2 65ug (menaquinone-7)

Vitamin K2 is a well researched, more bioavailable form of vitamin K that formulates a specific protein known as osteocalcin. Without adequate levels of vitamin K, osteocalcin remains inactive and cannot bind calcium, thus leading to defective bone mineralisation and an increased risk of osteoporotic fractures.

Magnesium 500mg (malate, citrate, glycinate)

Bone tissue contains approximately sixty per cent of the magnesium found in the body. One of the properties of magnesium within the skeletal structure is to help regulate calcium within the bones. Although calcium is the most abundant skeletal mineral and the best-known nutrient for maintaining bone density, in recent years the focus on the role of magnesium in bone health has increased considerably. In fact, many experts now feel that magnesium intake is as critical to skeletal health as calcium.

Manganese 2mg (glycinate)

Manganese is an essential trace mineral needed for healthy skin, bone, and cartilage formation.

Zinc 5mg (glycinate)

Zinc helps vitamin D and calcium absorption and aids protein synthesis, which strengthens bones and supports cell growth to help form a strong bone matrix.

Solgar Ultimate Bone Support £18.09 for 120 tablets. Solgar supplements are sold on-line through the website www.solgar.co.uk

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