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Discover The Formula Developed By 2 Leading Doctors That Can Strengthen Your Bones And Help Ward Off Osteoporosis

Three million people in the UK suffer from osteoporosis – which affects one in three women (it is most common in post-menopausal women) and one in 12 men over the age of 50.

The condition causes your bones to become thin, weak and brittle. Because the loss of bone happens so gradually it has been dubbed the 'silent killer', as there are no symptoms or warning signs in the early stages of the disease. Once osteoporosis has reached an advanced stage, your bones become far more susceptible to fractures, which can be fatal for older people.

One of the causes of osteoporosis is the loss of the mineral calcium from your bones, which tends to start between the ages of 30 and 35, at an estimated rate of 0.2 per cent of your entire bone tissue every year. The situation gets much worse after the menopause, when the loss of calcium can increase by up to 1 per cent each year.

This loss of calcium is mainly due to a deficiency of the hormone oestrogen, which is accelerated during the menopause. Oestrogen is important for maintaining healthy bones because it stimulates osteoblast cells, which use calcium to form new bone. In addition, oestrogen reduces the activity of cells called osteoclasts, which destroy bone tissue.

Bisphosphonate drugs, like Fosamax and Didronel, are designed to build bone mass. However, they do not make bones stronger, and after a few years they become more susceptible to breakage. They can also cause nasty side effects including diarrhoea and an increased risk of peptic ulcers, especially if taken with anti-inflammatory drugs.¹

Fortunately, there is now a safe and effective alternative in the form of OsteoPrime. Developed by two leading US physicians, Drs. Jonathan Wright and Alan Gaby, the formula has been designed specifically with menopausal and post-menopausal women's bone health in mind. OsteoPrime contains an impressive line-up of ingredients – all of which are proven to support healthy bones and increase bone density – including five different forms of calcium, vitamins C, D, K, B1, B2, B6, B12, niacin, folic acid, pantothenic acid, phosphorus, magnesium, zinc, selenium, copper, manganese, chromium, molybdenum, sodium, betaine HCl, boron, strontium and silicon.

OsteoPrime helps protect against calcium loss from the bones

Your body builds and repairs bone tissue in a process that involves many different nutrients. Calcium is the chief mineral constituent of bone and a study involving post-menopausal women revealed that supplementing with calcium reduced the risk of osteoporosis.²

Since proper calcium intake can't always be met through diet alone, five different forms of calcium have been included in OsteoPrime, including citrate, carbonate, lactate, chelate and tricalcium phosphate (the most prevalent form of calcium in human bone), to increase its bioavailability.

Vitamin D, which your skin manufactures in sunlight, is also included in the formula, as it's essential for the absorption of calcium from your gut and for its deposition in your bone cells. A vitamin D deficiency

1. Arch Intern Med 2001; 161: 107-110

2. Am J Clin Nutr 1998; 67: 18-24

– which is commonplace in the UK – puts you at far greater risk of osteoporosis.³

Magnesium, along with vitamin D and calcium, has been found to prevent the loss of calcium from the bones, especially after the menopause.⁴ Both bone and blood levels of magnesium have been reported to be low in people with osteoporosis. In a two-year trial involving osteoporosis sufferers, magnesium supplementation stopped bone loss or increased bone mass in 87 per cent of participants.⁵

Vitamin K has been included as it is an essential co-factor in calcium absorption and retention. It improves the activity of bone-forming proteins, such as osteocalcin, which work with osteoblast cells to form new bone tissue. Vitamin K is widely used by many doctors in Japan as a standard treatment for osteoporosis.⁶

Vitamin C is also well-known for helping calcium work to its full potential.

Trace minerals help maintain healthy bones

A large number of trace minerals are directly linked to good bone health and deficiencies have been connected to lower bone density and weaker bones. Indeed, studies show that supplementing with calcium in combination with trace minerals increases bone density in post-menopausal women significantly more than calcium alone.⁷

For example, zinc is needed for the proper formation of osteoclasts and osteoblasts that are essential for bone turnover.⁸ Studies have revealed that supplementation with the trace mineral silicon can increase bone formation.^{9, 10}

Strontium appears to aid bone formation in addition to inhibiting bone breakdown. In a three-year, double-blind study of post-menopausal women with osteoporosis, supplementing with strontium significantly increased bone mineral density in the hip and spine, and significantly reduced the risk of vertebral fractures by 41 per

cent, compared with a placebo.¹¹

The remaining ingredients help ward off osteoporosis

Boron has been included in the formula as it appears to be needed for the normal activity and production of hormones, such as 14-beta-oestradiol which is involved in bone formation and the prevention of bone loss. Boron is also needed for the normal functioning of vitamin D3 and a deficiency of boron is known to exacerbate vitamin D3 deficiency and adversely influence bone formation.¹²

Research findings suggest that supplementing the diet of post-menopausal women with an amount of boron, similar to that taken in through a diet rich in fruits and vegetables, can slow down calcium loss and bone demineralization.¹³

The addition of folic acid as well as vitamins B6 and B12 to the OsteoPrime formula helps lower homocysteine – elevated levels are associated with osteoporosis.¹⁴ In addition, vitamin B6 has been found to encourage bone growth¹⁵ and vitamin B12 has been proven to help regulate healthy osteoblast activity.¹⁶

What to take for best results

OsteoPrime can be used both as a preventative supplement (two capsules per day); or at its full dose of two capsules twice a day for more intensive bone support.

Contraindications: OsteoPrime should not be taken by those on anticoagulant medication, such as Warfarin, because of its vitamin K content. As always, you should consult your doctor prior to taking any supplement, especially if you are currently on any medication.

[Urgent information: Prescription drugs have long been seen as the answer to treating chronic illnesses like heart disease, diabetes and dementia. But this recent report shows that modern medicine might not have all the answers after all...](#)

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