

Therapeutic Actions

1. Increases and maintains bone density
2. Treats osteoporosis, promotes bone health, reduction in bone pain, increased joint mobility
3. Osteopenia (treatment and prevention)
4. Reduces risk of fractures

Administration

Internal: 2 tablets per day. Take between meals apart from Calcium supplements
90 tablets, 578.5mg, 45 day supply

Ingredients

Active Strontium carbonate
680mg per 2 tablets

BioPiperine (black pepper extract) to improve absorption

Formula Rationale

Strontium was listed in the British pharmacopoeia in 1884, and has been used since that time to treat and prevent osteoporosis. Studies over the past one hundred years have shown that it benefits bone health. In a Mayo Clinic study of 32 patients receiving Strontium for up to three years, symptoms improved in all patients. In a study of six osteoporosis patients at McGill University, 600-700 mg of strontium carbonate results in a 172 percent increase in the rate of bone formation, decreased pain, and improved mobility. In a two year French study of 338 post-menopausal women taking the strontium (the mineral) with 500mg of calcium and 800IU of vitamin D daily, women taking a comparable dosage to BioStrong showed bone density increases of 3 percent in the first year, 2.4 percent in the second year, with a 44 percent reduction in new vertebral fractures compared to the placebo group. In a large study of 1649 postmenopausal women who had at least one vertebral fracture, participants taking strontium had half as many vertebral fractures at the end of a year as the control group who received placebos. After three years, bone density increased 14.4 percent in the spine, and 8.3 percent at the femoral neck. In the largest study, 5,091 women who took therapeutic dosages every day for three years showed a 41 percent reduction in hip fractures.

Strontium is found in the human bones and teeth, and can be found in small amounts. Clinical studies have shown it to be safe. It is in many food including seafood, whole grains, legumes and vegetables. BioStrong contains the same active dosage of strontium used in most recent studies with an herb extract, which has been found to increase nutrient absorption. Tablets are designed to dissolve more quickly than capsules.

Clinical notes

1. BioStrong should be taken two tablets a day between meals for one year. It is important to take adequate calcium and vitamin D during treatment with BioStrong. Calcium and vitamin D should not be taken at the same time as BioStrong.
2. If diarrhea or indigestion occur, reduce dosage temporarily and take with **Quiet Digestion** or **Six Gentlemen**. Over time, typically, digestive tolerance increase.
3. Weight bearing exercise, such as walking up hills, or weight lifting is important for bone health.

Additional formulas

- Combine BioStrong with **OsteoHerbal** for added benefit
- **Backbone** for low back pain associated with kidney yang deficiency