



Nutritional Frontiers

breaking through nutritional boundaries

WELLNESS

BONE SOLUTIONS

ACTIVITY

	A.M.	Noon	P.M.	Duration	# per week
Walking					
Aerobic					
Strength					
Flexibility					

RELAXATION & SLEEP

	A.M.	Noon	P.M.	Duration	# per week
Deep Breathing					
Meditation					
Yoga					
Hobbies					
Other _____					

NUTRACEUTICALS

	A.M.	Noon	P.M.	With or without food
Super Cal Plus				
Betazyme				
D3 5,000				
D3 10,000				
Frontier Minerals				
HA Plus				
Other _____				

HEALTH CARE PROFESSIONAL NOTES:

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



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THE SKELETAL SYSTEM

The skeletal system includes all of the bones and joints throughout the body. Bones are made up of many cells, protein fibers, and minerals. The skeleton is they support for all of the soft tissues in the human body and because of this, they're very important to maintain. In addition to support the skeletal system also provides attachment points for muscles to allow movement at the joints. Because the skeletal system is so important, we must improve or maintain our skeletal system. The bone solutions is perfect for optimal bone performance and health.

SYMPTOMS OF BONE DEFICIENCIES

- Fatigue
- Weight Loss
- Pain
- Anemia
- Fever
- Osteoporosis
- Low bone density
- Easy bone breaks
- Cancer
- Bone disease
- Genetic Factors
- Calcium deficiency

THE BONE SOLUTION



Super Cal Plus Tablets:

Take 2-4 tablets daily with food

Super Cal Plus Capsules:

Take 4 capsules daily



BetaZyme:

Take 1 with food. Always take BetaZyme at the start of the meal, if taken without food, sensation of stomach burning may result.

D3 5,000:

Take 1-2 caps per day

or

D3 10,000:

Take ½-1 ml daily



ABOUT THE BONE SOLUTIONS NUTRACEUTICALS

Super Cal Plus:

is a synergistic formula that contains 6 well-researched nutrients to:

- Support the organic and inorganic matrix of bone
- Support hormone balance
- Provide bioavailable minerals for bone health
- Support bone density

BetaZyme:

is an advanced synergistic enzyme formula with a unique blend of betaine HCL, Oxbile, pancreatin, pepsin, glutamic acid plus gentian root to support digestive tract function and nutrient absorption.

D3 5,000 or 10,000:

A dietary supplement to promote the body's absorption of calcium and phosphorous, which are essential for the development and maintenance of healthy teeth and bones.

FOOD

Everyday	Moderation	Rare Occasions	Never
<ul style="list-style-type: none"> • Raw fruits • Raw vegetables <ul style="list-style-type: none"> • Lightly steamed, stir-fried, or roasted veggies • 100% whole grains (wheat less frequently) • Oatmeal • Legumes • Olive oil • 6-8 glasses of pure water • Unroasted nuts and seeds 	<ul style="list-style-type: none"> • Clean meats (organic, wild game- no hormones or antibiotics) • Wild fish, shellfish • Unprocessed fruit and veggie juices • Organic & free range eggs • Coconut oil, high oleic unrefined safflower oil • Peanuts (raw) 	<ul style="list-style-type: none"> • Pasteurized dairy • Pizza • Alcohol • Coffee • Canned foods • Sweets, cane sugar 	<ul style="list-style-type: none"> • Hydrogenated and partially hydrogenated fats & oils (margarine, fried foods, commercial peanut butter, etc.) • Artificial sweeteners (aspartame, Splenda a.k.a. sucralose, Sweet N'Low, etc.) • Soda • White bread • Fast food • High fructose corn syrup and seeds

