

## **HEALTH RECOVERY PROGRAM for Osteoporosis & Bone Health**

This handout will assist you in determining the best supplements to address your specific health challenge. I also recommend you *consider adding* the **Cellular Health Program** that provides your body with over-all health benefits that has helped so many others!

- **OSTEOMATRIX** - This product provides high calcium intake along with the important nutrients of vitamin D, K, magnesium, boron, zinc, copper and manganese that is needed for building and maintaining strong bones. This product contains 1000 mg of calcium and 400 mg of Vitamin D.
- **Engerizing SOY PROTEIN** - Soy contains phyto-nutrients that encourage an increase in bone density and decreases bone loss. It is recommended that you take lots of this nutrient to rebuild bone loss in your body. Your bones and cartilage are made up of 65% protein. Protein builds cells and the vitamins and minerals feed those cells for proper formation. This product also contains 500 mg of Calcium.

### **Consider adding Basic CELLULAR HEALTH Program:**

- **VIVIX, Cellular anti-aging tonic** – Diseases are related to cellular deterioration and damage. Help your body address this damage with Vivix, which has been shown to help reduce inflammation, increase energy production and repair DNA at the cellular level. Discover what has helped others!
- **VITA-LEA, Multi-Vitamin and Mineral Supplement** – provide your cells the basic nutrients they require on a daily basis.