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The information contained herein is for educational purposes only.

It is not medical advice and is not intended to replace the advice or attention of health care professionals.

Consult your physician before beginning or making changes in your diet, supplements or exercise program, for diagnosis and treatment of illness and injuries, and for advice regarding medications.

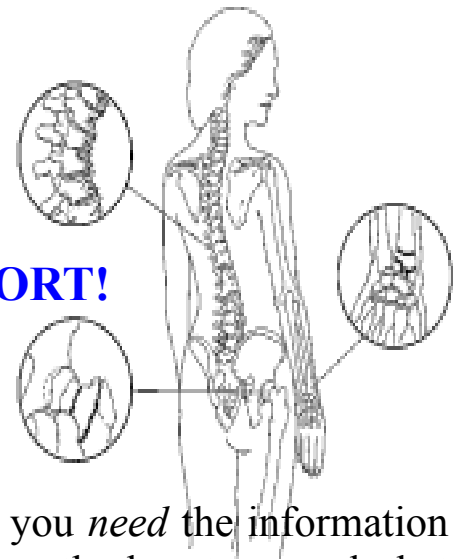
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WARNING:

**DO NOT SUPPLEMENT WITH ANY
CALCIUM - MAGNESIUM OR MINERAL
SUPPLEMENT UNTIL YOU READ THIS REPORT!**



Dear Friend,

If you are concerned about **osteoporosis prevention**, then you *need* the information that we are going to share with you. This information covers the latest research that links osteoporosis prevention with two vital minerals - Calcium and Magnesium. This information applies to you whether you are male or female, young or old, in good health or not. Quite simply, everyone needs this information on osteoporosis prevention... *It can be life changing!*

CALCIUM - MORE THAN JUST A BREAKFAST DRINK

There is a calcium crisis in our country. According to the USDA, 90% of adult women, 88% of teenage girls, 73% of adult men and 68% of teenage boys aren't getting enough calcium from their diets. If you fall below your required daily amount, your body begins to rob the calcium stored in your bones and you *may be at risk.*

Calcium is the most abundant mineral in your body. It makes up about 2% of your body weight and 39% of your total body minerals. Ninety nine percent is in your bones and teeth, with the other one percent in your blood and body fluids, where it controls many important metabolic functions. Calcium is absorbed in the small intestine only if it is water soluble, and the smaller the molecule the better the absorption.

Once upon a time, not long ago, osteoporosis was considered a disease of "little old ladies getting littler as they got older." One of the *striking* demographic features of the late 20th century is the increasing longevity of both men and women. We are living longer, but unfortunately, this extension of life expectancy has not assured us of healthy living. Basic medical research has broadened our understanding of bone biology and we now know that there is much that can be done to prevent this.

WHY SHOULD WE WORRY?

There are currently 28 million people in the United States already at increased risk for fragility fractures. **The risk of death for an elderly adult, in the first three months after a hip fracture is 13.5% (normal 2.5%).** A study by Mayo Clinic showed that more than half of patients with hip fractures had to go to nursing homes, and 79% were still there one year later.

Today 18% of women and 9% of men at age 50 already have **osteoporosis**, and 50% of women and 25% of men have **low bone mass**, the stage just before the fractures start to occur.

WHAT HAVE WE LEARNED?

Osteoporosis prevention begins with two vital minerals - Calcium and Magnesium. Calcium needs are the highest during childhood, but all of us need to constantly replace our calcium on a daily basis throughout our entire lives. Peak bone mass occurs in the third decade of life. Inadequate intake at this critical time leads to bones that are already softer than they should be. A recent study by the National Academy of Science *revealed* that less than 50% of women get enough calcium in their 20's and 30's. Also keep in mind that you need the most easily absorbable calcium. The smaller the molecule the better. ***Ionic forms are the best.***

Adults, both men and women, need 1,000 to 1,500 mg of calcium each day to supply their needs. Calcium supplementation has *significant* long-term benefits. [A study by the University of Virginia showed that by supplementing with only 500 mg of calcium in 900 otherwise healthy women over 65, the fracture rate dropped by more than 50%.](#)

Calcium is also important in other medical conditions. Low calcium intake plays a role in high blood pressure, which can lead to heart attacks and stroke. Higher calcium has shown to be protective in high cholesterol, adult diabetes, and colon and rectal cancer.

Today there is overwhelming evidence that osteoporosis is a preventable disease, yet most men and women fail to consume the nutrients that are proven to maintain bone mass. Now it is easy to follow a program that is scientifically substantiated to prevent and partially reverse osteoporosis.

WHAT TO DO?

Everyone from teenagers to the elderly needs to supplement with 1,000 mg of water-soluble calcium on a daily basis. With proper calcium supplementation, osteoporosis prevention can be attained, while *maximizing* bone density, reducing bone loss and thus avoiding the risk of fracture and disability. *Start NOW; it's more than just a breakfast food!*

WHAT ABOUT MAGNESIUM?

Magnesium is the best friend of calcium, one flowing into the cell while the other flows out. It bathes the cell and stabilizes it, calming your body at a metabolic and microscopic level.

A dietary deficiency of Magnesium can be a major factor in life threatening illnesses like heart disease and diabetes, as well as in chronic fatigue, asthma, muscle cramps, and migraine headaches. A recent national survey found that 75% of adult Americans are consuming less than two thirds of the body's daily needs. It seems *amazing* that such a simple mineral can help with so many health problems.

WHAT OTHER MINERALS ARE VITALLY IMPORTANT TO MY HEALTH?

The importance of trace minerals in the diet is often overlooked. Life-sustaining minerals are necessary for certain daily bodily functions. **Although the body can function, however poorly, without vitamins, it will die without minerals.** We naturally produce vitamins from our inherent mineral supply, so when that supply is depleted, the body suffers. Soil depletion, poor crop rotation, and loss of valuable topsoil due to flooding and over-irrigation have significantly impacted the natural trace mineral content of our food.

This Excerpt from **United States Senate Document # 264** further explains the importance of mineral supplementation:

"Most of us today are suffering from certain dangerous diet deficiencies which cannot be remedied until the depleted soils from which our foods come are brought into proper balance. The alarming fact is that the foods - fruits, vegetables and grain, now being raised

on millions of acres of land that no longer contains enough of certain needed minerals, are starving us - no matter how much of them we eat!"

"It is commonly realized that vitamins control the body's appropriation of minerals, and in the absence of minerals they have no function to perform. 99% of the American people are deficient in minerals, and a marked deficiency in any one of the more important minerals actually results in disease."

The body must maintain an adequate mineral supply to maintain a balance between internal and external pressures of the body's cells. This is called osmotic equilibrium. This state must be maintained for normal cell function and continued youthful health.

All nutrients such as vitamins, proteins, enzymes, amino acids, carbohydrates, fats, sugars, oils, etc., require minerals for effectiveness. All bodily functions depend on the action of minerals.

Nobel Prize winner Dr. Linus Pauling once said "one could trace every sickness, every disease and every ailment to a mineral deficiency."

WHAT IS THE PROPER WAY TO SUPPLEMENT CALCIUM, MAGNESIUM AND OTHER MINERALS?

Many calcium and other mineral supplements are extracted or produced from elemental or inorganic sources. In general, most of these products are not worthwhile because elemental minerals are not readily absorbed and utilized by the cells within your body. The particle size of the mineral is generally too large for the cell to absorb. This is why it is most effective to be supplementing with a mineral supplement in a liquid *ionic form*. An ion is the smallest component, in which a mineral can exist and is absorbed by the cells at a much greater rate than minerals in an elemental form.

WHERE CAN I FIND IONIC FORMS OF CALCIUM-MAGNESIUM AND OTHER MINERALS?

Life Force OsteoProCare™ is the liquid-calcium supplement that you have been waiting for!

OsteoProCare combines calcium orotate, 45 trace minerals like magnesium and zinc, plus Vitamin D3, Chondroitin, and Glucosamine into a mint-flavored liquid that allows for maximum absorption

Strengthen the foundation of your body including bones, muscles, teeth, hair nails and connective tissues with **OsteoProCare!**

Life Force has discovered the solution to the problem of major and trace mineral depletion in the depths of the Regeneration Zone, where towering stalks of sea vegetation reach for the light. For thousands of years, these unique nutrient-rich plants have held the secret to vital health. Free from herbicides, pesticides and heavy metal contamination, these zones are a constant state of nutrient enrichment. It's here **Life Force** harvests nine unique sea vegetables 200 feet below the ocean surface using deep sea robotics.

These nutrient-rich vegetables are blended with 100% pure aloe vera, black cherry and a touch of honey into a delicious, oxygen-rich nectar called **Body Balance**. This is whole-food nutrition at its best! **Body Balance** naturally contains 121 essential nutrients that promote healthy regeneration and help balance your body's electrical impulses so you feel like all your circuits are plugged in!

Body Balance and **OsteoProCare** are not available in any store and can only be purchased from **Life Force**.

If you would like to try these two unique products, **OseteoProCare** and **Body Balance**, we insist you do so entirely at **our** risk. Because we are convinced these products will have a significant impact on your health, **OsteoProCare** and **Body Balance** come with a...**No Risk, 100% Unconditional 45 Day Money-Back Guarantee.**

We strive very hard to provide nutritional products that *improve your health*. Therefore, we want you to order **OsteoProCare** and **Body Balance** today...use them as directed...and if for any reason you aren't completely satisfied, simply return the empty bottles within 45 days for an immediate refund of your purchase price. **You simply can't lose!**

For more information, please feel free to call me directly:

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