

# dōTERRA Women

## Bone Nutrient

### Essential Complex

#### PRODUCT DESCRIPTION

dōTERRA Women Bone Nutrient Essential Complex is a blend of vitamins and minerals that are essential for bone health in women beginning in adolescence and continuing through menopause.\* Bone Nutrient Essential Complex is formulated with bioavailable forms of natural nutrients that include vitamins C and D, plus calcium, magnesium, and other trace minerals that support healthy bone density as a woman ages.\*

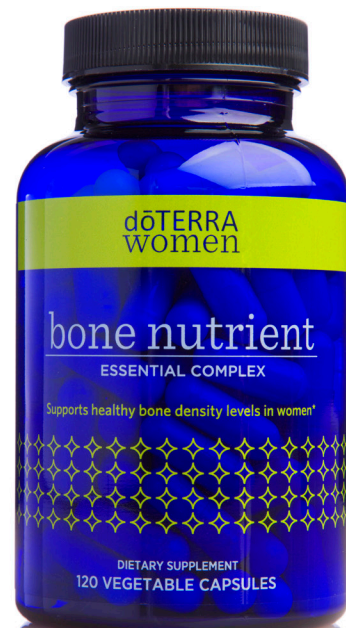
#### CONCEPT

Beginning at an early age, women begin to build bone mass, reaching a maximum bone density in their late twenties. A diet rich in essential bone nutrients is critical during these early years of bone development, but food intake surveys suggest that women consume half the recommended amounts of calcium and other bone nutrients for optimal bone health. This deficiency is pronounced in teens who are less likely to eat right but who would benefit from increased bone nutrient consumption as their young bones are absorbing nutrients at a rate nearly double that of adult women.

As a woman ages, healthy bone mass and density becomes a more significant influencer of overall health and quality of life. Scientists agree that adequate calcium and vitamin D throughout life, as part of a well-balanced diet, may reduce the risk of osteoporosis.\* Building strong bones through a woman's formative years and maintaining bone mass and density as she ages are critical parts of a lifelong health strategy.

#### PRIMARY BENEFITS

- Provides optimal levels of vitamins and minerals essential for developing and maintaining healthy bone mass and density\*
- Provides an excellent source of calcium and magnesium
- Supports healthy bones and overall health throughout a woman's lifetime\*
- Proprietary formula of the highest quality bone nutrients in bioavailable forms\*
- Contains vitamin D2 and D3 to help bones absorb calcium\*
- Made with sodium lauryl sulfate-free HPMC vegetable capsules



**CPTG** Certified Pure Tested Grade™

\*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.

## DIRECTIONS FOR USE

Teen and adult women (and men) take four (4) capsules daily with food.

## CAUTIONS

Pregnant or nursing women and people with known medical conditions should consult a physician before using.

Store in a cool, dry place.

## FAQS

### Q: At what age should a woman start using Bone Nutrient?

**A:** Bone Nutrient Essential Complex is safe for use by women of all ages desiring to increase their dietary consumption of essential bone nutrients. It can help young adults reach their maximum peak bone mass and help prevent bone loss throughout adulthood, especially after menopause.\*

### Q: Can men also use Bone Nutrient?

**A:** The Bone Nutrient Essential Complex can be safely and effectively used by men. It is marketed toward women because women are at a higher risk for bone loss, especially after menopause. However, bone loss also occurs in men.

### Q: Why do I need both vitamins D2 and D3?

**A:** Vitamin D2 (ergocalciferol) and vitamin D3 (cholecalciferol) are included in the Bone Nutrient Complex to help you get both forms of vitamin D. Both forms effectively raise vitamin D levels in your blood and contribute to optimum bone health.\*

### Q: Why is zinc, copper, manganese, and boron listed as yeast? Should I be concerned if I am suffering from the effects of Candida?

**A:** The minerals in the Bone Nutrient Essential Complex are added to a harmless yeast culture, allowing the yeast to modify and incorporate the mineral into their biological matrix. The yeast, which is unrelated to Candida and is non-infectious, is rendered inactive at the end of the process and does not cause any Candida issues or buildup of yeast in the body.

### Q: Can this product be considered GMO-free and gluten-free?

**A:** Bone Nutrient Essential Complex does not contain genetically modified material or gluten.

## COMPLEMENTARY PRODUCTS

- dōTERRA Lifelong Vitality Pack®
- Microplex VMz®
- Phytoestrogen Essential Complex

## KEY STUDIES

Mosele M, Coin A, Manzato E, et al. Association between serum 25-hydroxyvitamin d levels, bone geometry, and bone mineral density in healthy older adults. *The Journals of Gerontology Series A: Biological Sciences and Medical Sciences.* 2013;68(8):992-998.

Peters BS, Martini LA. Nutritional aspects of the prevention and treatment of osteoporosis. *Arquivos Brasileiros de Endocrinologia & Metabologia.* 2010;54:179-185.

Bonjour JP, Gueguen L, Palacios C, et al. Minerals and vitamins in bone health: the potential value of dietary enhancement. 2009;101:1581-1596.

Castiglioni S, Cazzaniga A, Albisetti W, Maier JA. Magnesium and osteoporosis: current state of knowledge and future research directions. *Nutrients.* 2013;5(8):3022-3033.

Devirian TA, Volpe SL. The physiological effects of dietary boron. *Critical Reviews in Food Science and Nutrition.* 2003;43(2):219-231.

# Supplement Facts

Serving Size 4 vegetable capsules  
 Servings per container 30

Amount Per Serving % Daily Value		
Vitamin C (as magnesium ascorbate)	90 mg	100%
Vitamin D (as cholecalciferol and ergocalciferol)	20 mcg	100%
Biotin	300 mcg	1000%
Calcium (as coral calcium)	1000 mg	77%
Magnesium (as Magnesium oxide)	400 mg	95%
Zinc (from zinc sulfate)	9 mg	82%
Copper (from copper carbonate)	0.2 mg	22%
Manganese (from Manganese sulfate)	0.2 mg	9%
Boron (from boric acid)	2 mg	**

\*\*Daily Value not established

**Other Ingredients:** Vegetable hypromellose, Rice flour, Brewer's yeast, Olive oil, Stearic acid, Citric acid, Dicalcium phosphate.

Manufactured exclusively for dōTERRA Intl, LLC, 389 S 1300 W, Pleasant Grove, UT 84062 U.S.A. 1-800-411-8151  
 www.doterra.com

**BONE NUTRIENT  
 ESSENTIAL COMPLEX**  
 120 VEGETABLE CAPSULES  
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