

Bone Health: Taking a Preventative Role

Most people are aware that calcium helps keep bones strong, but people do not realize that calcium is only one element among many that the body requires to maintain bone health. There are at least 18 key bone-building nutrients essential for optimal bone health. Vitamins D, K, and minerals including boron, calcium magnesium copper and zinc are needed for proper bone production and restoration. All of these nutrients have been shown to reduce and in some cases restore optimal bone mass.

Bone is a living tissue. Tiny segments of old bone constantly are being broken down and reabsorbed by our bodies as new bone is being built to replace it. However, if the body cannot keep pace with this process and replace as much bone as is broken down, bone loss is the result.

Preventing bone loss is crucial to sustaining one's health. To do so, a person should perform regular weight-bearing exercise, consume only moderate amounts of alcohol, caffeine, and sugar, and avoid smoking. In addition, a person must ensure they are getting the proper nutrients to build bone.

Hazle Drugs own: "Bone Health Support" supplies essential vitamins, minerals and other nutrients needed to assist the body in maintaining healthy bone structure in a convenient pack. Hazle Drugs "Bone Health Support" includes significant amounts of calcium, vitamin D3, vitamin K, among many other nutrients such as magnesium, boron, copper, and others.

For more information on Bone Health Support, please contact Certified Clinical Nutritionist and Compounding Pharmacist, Bill Spear at Hazle Drugs 1 E. Broad St., Hazleton, Pa. 18201, 570-454-2476

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Call for more information or to schedule your Nutritional Consultation today!*