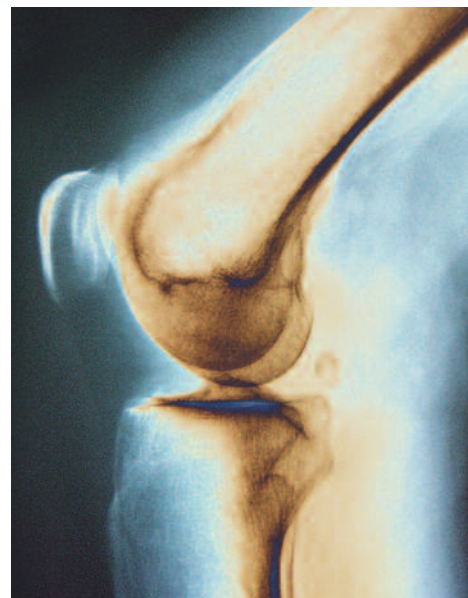


Bone Health **News**

Announcing an amazing bone-building discovery that cuts your risk of fracture by as much as **59%!**



Studies show this “forgotten” nutrient can build stronger, denser bones than calcium and vitamin D combined...

INSIDE this urgent bulletin:

✓ **The hidden dangers of calcium.**

Why taking calcium supplements for your bones can cause big problems for your joints, heart, kidneys, ears, even your brain!

Page 7, inside

✓ **Are you at risk of a debilitating or even deadly fracture?** Take this quick test.

Page 3, inside

✓ **Why 1-in-4 men over 50 will fracture at least one bone—** plus two little-known nutrients found to help men build stronger bones. *Page 9, inside*

✓ **Finally...blessed relief for your aching back!** Here's what's *really* causing your endless suffering and what to do about it. *Page 8, inside*



Dr. Nan Fuchs

Dear Friend,

You already know how important it is to get enough of the right nutrients to promote strong bones.

By maintaining dense, sturdy bones, you can stay active and independent into your 80s, 90s, and beyond. You can travel, play with your grandchildren, visit museums, work in your garden—or do whatever it is you love to do. You can also handle your own driving, grocery shopping, laundry, and other household chores without being dependent on others.

But the frightening truth is, 1-in-2 women and 1-in-4 men over age 50 will suffer at least one bone fracture in their lifetime. According to the National Institutes of Health, that comes

out to more than 1.5 million fractures caused by bone loss each year—including more than 300,000 hip fractures, 700,000 spinal fractures, 250,000 wrist fractures, and at least 300,000 other types of fractures.

Even if you don't break a bone due to bone loss, it's likely you could experience multiple collapsed vertebrae in your spine over time without knowing it. These collapsed vertebrae cause you to gradually shrink in height, suffer excruciating back pain, and—in some cases—develop a dowager's hump.

**The “forgotten”
nutrient that cuts your
risk of fracture by more
than HALF**

That's why I'm writing to you today. I want to make you aware of a groundbreaking discovery for

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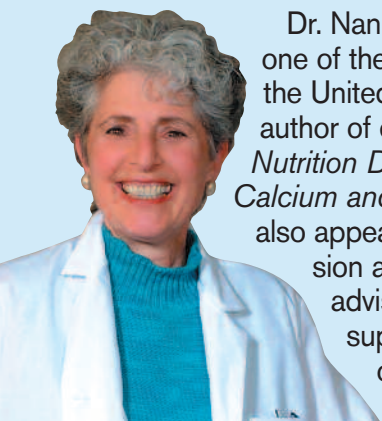
bone health that can cut your risk of fracture by as much as 59% in the first year of treatment. That's right, you can now lower your fracture risk by more than *HALF*, simply by taking this nutrient that's been shown to be more effective for building strong bones than calcium and vitamin D combined!

But first, let me introduce myself. My name is Dr. Nan Kathryn Fuchs. For more than 25 years I've personally treated patients using the most powerful natural, nutritional therapies. But now I spend most of my time educating people like you about better ways to stay healthy as you age.

As editor of the popular health advisory, *Women's Health Letter*, I bring the most cutting-edge health information to tens of thousands of women each month. I've also written eight health books, had dozens of articles published in medical journals and magazines, and appeared on over 100 television and radio programs.

Now I want to tell you more about this astonishing bone-building discovery that's gone practically ignored for the last 50 years—until now. New research is creating such a buzz, this “forgotten” nutrient is finally being lauded by top medical journals like the *New England Journal of Medicine* and the *Journal of Bone Mineral Research*.

Meet Nan Kathryn Fuchs, Ph.D.



Dr. Nan Kathryn Fuchs co-founded one of the first holistic health centers in the United States in 1976. She is the author of eight books, including *The Nutrition Detective* and *User's Guide to Calcium and Magnesium*. Dr. Fuchs has also appeared on more than 100 television and radio programs, where she advises listeners on nutrition, supplements and herbs, and other popular health topics.



“According to the National Institutes of Health, Americans suffer more than 1.5 million fractures due to bone loss each year.”

What is this exciting new discovery? **Strontium.**

Now, if you've heard of strontium, please don't confuse it with strontium-90, a manmade substance that has nothing to do with bone health. I'm talking about *natural* strontium. This safe, non-toxic mineral has been shown in studies to help fragile bones weakened by age, heredity, and other risk factors become stronger and more flexible, dramatically reducing your odds of suffering a debilitating or even deadly fracture.

It's a travesty: these astounding results were hushed-up for nearly 50 years!

Shockingly, the research on strontium goes back almost 50 years, when a groundbreaking clinical trial was conducted at the world-renowned Mayo Clinic in

1959. Physicians treated a group of patients suffering from severe, painful bone loss with strontium—and found that every single person experienced improvement!

Despite these astounding results, strontium's bone-building potential was hushed-up and buried all this time. *Why?* Maybe it's because even to this day, most people believe bone loss is due to a lack of calcium. The dairy industry—with billions of dollars in profits at stake—repeatedly drives home this message in its “milk mustache” ads and other commercials that blanket the airwaves and magazines.

But now that researchers are seeing stunning results in a new wave of clinical trials using strontium, this amazing bone-building mineral is finally getting the long-overdue attention it deserves. Here are just a few examples of these exciting findings...

- ✓ In one study,⁽¹⁾ women who added strontium to their bone-building program cut their risk of fracture by 49% in the first year—that's nearly in *half*! Plus, they increased the bone density in their backs by 14.4% and in their necks by 8.3% on average. By contrast, those who took only calcium and vitamin D saw **NO** increase in bone density.
- ✓ In another study,⁽²⁾ this time limited to elderly women between the ages of 80 and 100, those who

How high is *your* risk of suffering a debilitating—or even deadly—fracture?

Take this quick test...

- | | | |
|---|------------------------------|-----------------------------|
| 1) Are you 65 years old or older? | ☐ Yes | ☐ No |
| 2) Are you female? | ☐ Yes | ☐ No |
| 3) Are you of Caucasian or Asian descent? | ☐ Yes | ☐ No |
| 4) Is there a family history of bone loss or fracture? | ☐ Yes | ☐ No |
| 5) Do you have a small, thin body frame or low body weight? | ☐ Yes | ☐ No |
| 6) Are you post-menopausal or going through menopause now? | ☐ Yes | ☐ No |
| 7) Are you currently or have you ever been a smoker? | ☐ Yes | ☐ No |
| 8) Have you had long-term use of steroids or thyroid medicine? | ☐ Yes | ☐ No |
| 9) Have you broken any bones, especially hip, forearm or spine? | ☐ Yes | ☐ No |
| 10) Do you have stooped posture, back pain or height loss? | ☐ Yes | ☐ No |
| 11) Do you regularly consume caffeine, sodas or alcohol? | ☐ Yes | ☐ No |

Even if you answered “yes” to just one question, you’re at risk for developing weak, fragile bones. That’s why it makes sense to make sure you’re getting enough of the right nutrients to beat these odds and keep your bones strong as you age.

By taking *Ultimate Bone Support*, you’ll know you’re giving your body crucial, bone-building nutrients you may not be getting enough of from your diet or supplements. Turn to page 15 to learn more about how to get started on this new breakthrough formula now!

took strontium alone slashed their risk of fracture by 59% in the first year! Let me repeat...their fracture risk was cut by more than *HALF* in just 12 months. What’s more, these findings prove strontium can drastically reduce your fracture risk no matter what your age.

- ✓ Other studies⁽³⁾ show strontium can also help you stand taller and stay pain-free—increasingly important as the vertebrae in your spine grow more fragile over time and become prone to collapsing. One study found a 20% reduction in the rate of height loss and a 29% increase in the number of patients free of back pain.



Why strontium is better than calcium for making your bones almost unbreakable

Why is strontium able to make your bones so much stronger and more resistant to fracture? Because unlike any other mineral, strontium stimulates the rapid formation of bone tissue.

It does this by acting like a “liquid magnet” to draw extra minerals into your bones, such as calcium, magnesium, boron, and zinc. This added mineral uptake makes your bones thicker and stronger in a relatively short amount of time, as seen in studies where patients’ fracture risk was cut by more than *half* in the first year.

Strontium is also denser than calcium, so it’s more resistant to removal by osteoclasts—the cells in your body that break down bone. What’s more,

(Continued on next page...)

(1) Meunier, P.J., Roux, C., et al. The effects of strontium ranelate on the risk of vertebral fracture in women with postmenopausal osteoporosis. *New England Journal of Medicine*, 2004 Jan 29;350(5):459-68.

(2) Seeman, E., Vellas, B., et al. Strontium ranelate reduces the risk of vertebral and nonvertebral fractures in women eighty years of age and older. *Journal of Bone Mineral Research*, 2006 Jul;21(7):1113-20.

(3) Boonen, S. Addressing and meeting the needs of osteoporotic patients with strontium ranelate: a review. *Current Opinion in Rheumatology*, 2006 Jun;18 Suppl 1:S21-7.

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strontium has both bone-building and anti-depleting effects, so it increases bone density while staving off bone loss. That's unheard of—NO other nutrient does both!

In fact, multiple studies show strontium is more effective than calcium for maintaining strong bones. One study found strontium increased bone density even in very sick patients whose bones were on the verge of collapse. Plus, other research suggests strontium works better than calcium for maintaining strong teeth and joints.

For example, strontium has been shown to reduce the incidence of cavities in a 10-year study conducted by the U.S. Navy Dental Service of 270,000 naval recruits. It may also help strengthen your joints.

Studies by Belgian scientists suggest strontium stimulates cartilage-forming cells, promoting the growth and repair of joint cartilage.

Why hasn't your doctor told you about this amazing breakthrough?

Chances are you're *still* not hearing about this cutting-edge breakthrough from your doctor, who is likely stuck on offering you the same standard treatment: increased calcium intake or risky conventional therapies.

Even if your doctor's never heard of strontium, there have been reams of research done on it. At last count, there have been at least 224 published articles on strontium and its effects on bone health in respected medical journals around the world, according to the



The grim facts about HIP FRACTURES

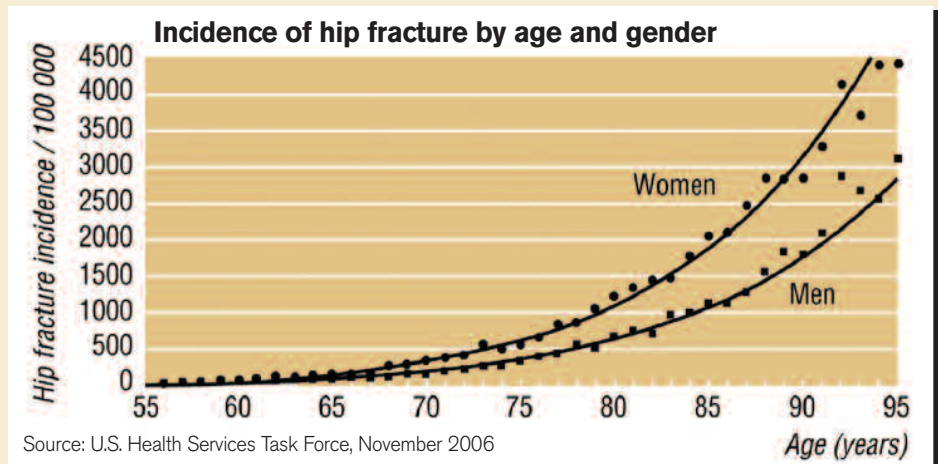
hip fractures are hospitalized for at least one week, and up to 25% remain in a hospital or nursing home for at least a year.

Because age is the greatest predictor of hip fracture, the older you get, the higher your risk becomes. According to the U.S. Preventive Services Task Force, 15% of all women who live to be 85 will fracture their hip—and HALF will fracture at least one bone.

As you can see in the graph below, the incidence of hip fracture is relatively flat until you reach age 65. From there, your risk grows dramatically. To keep your bones strong and healthy, you'll want to make sure you're getting the advanced, bone-building nutrients in *Ultimate Bone Support*. This new breakthrough formula is available to you now...along with up to 4 FREE gifts. Turn to page 15 for all the details right now!

Did you know that 1-in-2 women and 1-in-4 men over age 50 will suffer at least one bone fracture in their lifetimes? It's true. And while many of these fractures may be somewhat minor—involving a vertebrae or wrist bone—some will be quite serious, such as hip fractures.

Of all fall-related fractures, hip fractures cause the greatest number of deaths and lead to the most severe health problems and reduced quality of life. Most patients with



online database sponsored by the National Institutes of Health.

But it's still relatively new—most of the studies on strontium have appeared within just the past few years. That's why I want to get the word out about this new, bone-building breakthrough, and help people like YOU take advantage of it to maintain strong bones and the best quality of life possible.

I believe the more you learn about strontium, the more you'll want to make sure you're getting enough each day to keep your bones strong. But if you look for strontium in stores, you probably won't find it. The vast majority of "bone health" supplements don't include it—at least not yet. It's not in your multivitamin, either.

Nor are you getting anywhere near enough strontium from your diet. There are only trace amounts present in the foods you eat—such as whole grains, vegetables, and legumes—due in part to the nutrient-depleted soil in which they now grow.

At last...an easy way to make sure you get enough of this bone-building superstar each day

To get the ideal daily amount of strontium, you need to take it as a supplement. You also want to make sure you're taking other crucial bone-building nutrients you may be missing—such as a new hops extract called *Osteogene*™ that helps slow bone loss,

“...Multiple studies show strontium is more effective than calcium for maintaining strong bones.”

along with l-lysine, vitamin D, vitamin K, boron, silicon, and other important nutrients.

That's why I decided to create my own bone health supplement—designed to give you the ideal combination of nutrients to help preserve bone mass and cut your risk of fractures as you age. It's called **Ultimate Bone Support** and it's available to you now as part of this exclusive introductory offer.

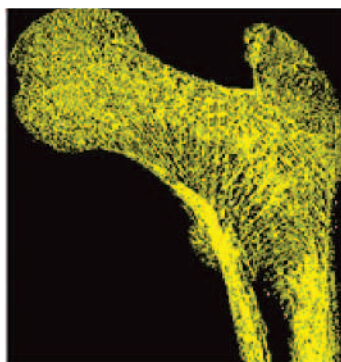
Ultimate Bone Support gives you what research shows to be an effective amount of strontium to strengthen your bones, so they're less likely to break. It's also in an easily absorbed form your body can use: citrate, the same form that's best for calcium.

In fact, your body absorbs strontium as if it were calcium. Because of its chemical similarity to calcium, strontium can replace lost calcium in your bones and teeth, increasing bone density. But when it comes to building stronger, denser bones that are more resistant to fracture, strontium beats calcium by a mile.

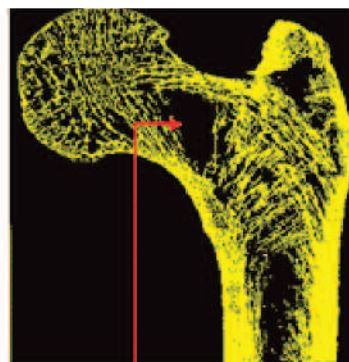
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What do YOUR bones look like on the inside?

You can see the dramatic difference in an X-ray of a normal, healthy bone compared to a bone that's suffered increased bone breakdown and little bone-building. While the bones have the same shape, the bone on the right is much less dense. So even a minor fall that might not cause a normal, healthy bone to break could result in a serious, painful fracture in bone that's been hollowed out by excessive breakdown.



Healthy thigh bone



Thigh bone with excessive bone breakdown

Finally...the ten most crucial bone-building nutrients you're NOT getting enough of—all in one cutting-edge formula!



Ultimate Bone Support gives you the ten most important bone-building nutrients you're probably not getting enough of from your diet and supplements. I haven't found another bone health formula that comes close to giving you the maximum support to help keep your

bones strong for life.

All of the potencies are based on the latest scientific research, and only the highest-quality ingredients are used. I wouldn't settle for anything less! Take a look at everything this cutting-edge formula gives you each day:

Two tablets give you:

INGREDIENT	AMOUNT	WHAT IT DOES
Strontium (citrate)	500 mg	Stimulates bone-building and slows bone loss
Osteogene™ (hops extract)	300 mg	Inhibits bone breakdown and inflammation
L-lysine	400 mg	Links collagen fibers for a sturdy foundation
Vitamin D3 (fish liver oil)	800 IU	Promotes bone growth and mineral absorption
Vitamin K2	40 mcg	Increases bone density and mineral absorption
Boron (aspartate-citrate)	2 mg	Promote proper bone metabolism to slow loss
Silicon (horsetail extract 2%)	4 mg	Helps form collagen and connective tissue
Manganese (chelate)	10 mg	Promotes bone growth and builds cartilage
Copper (chelate)	2 mg	Helps make collagen and slow bone loss
Zinc (chelate)	15 mg	Promotes bone formation and mineral uptake

You can see how this advanced formula gives you the total bone support your body needs so you can stay strong and active. Turn to page 15 now for all the details on how to get started today without risk—and get up to four FREE gifts!

(Continued from page 7...)

together. Then you put plaster over the mesh to solidify it. When it comes to your bones, collagen acts as the mesh and minerals act as the plaster.

An amino acid called **L-lysine** helps lay down the “mesh” that holds your bones together by linking together collagen fibers. This builds the foundation for strong, flexible bones, as well as cartilage. In fact, lysine is a necessary building block for all protein, and promotes tissue repair as well as recovery from muscle injuries.

Lysine also helps your body better absorb the

calcium you get from your diet or other supplements you may be taking. But while lysine is found in cheese, eggs, red meat, and other foods, it's best to take it in a supplement to ensure you get enough daily. That's why I've included it in *Ultimate Bone Support* to help you maintain a rock-solid foundation. Plus you'll also get...

7 more bone-building superstars to help you stand straight and tall

As great as strontium, *Osteogene*™, and L-lysine are, they're still not enough. So many factors are

NOT for women only: Why MEN also need to worry about bone loss

Contrary to popular thinking, age-related bone loss doesn't just happen to women. It happens to men, too.

Just as hormonal changes during and after menopause increase bone loss in women, declining testosterone levels can lead to weaker, more fragile bones in men as they age. That's why 1-in-4 men over age 50 will suffer at least one bone fracture in their lifetimes.

But don't load up on milk, cheese, and other dairy or start taking calcium supplements. A diet high in calcium has been found to be a risk factor for prostate problems. In fact, a Harvard study found that men who drank two or more glasses of milk a day were more than twice as likely to develop serious



prostate concerns.

The strontium and other nutrients you get in *Ultimate Bone Support* can help you safely build stronger, denser bones—*without* increasing your prostate

risks. In fact, two nutrients in this advanced formula—silicon and copper—have been shown in studies to help men promote bone growth and slow bone loss.

Turn to page 15 to find out how to get started on this advanced, bone-building formula today. You'll save the most and get two FREE bottles with our "best deal," along with three FREE health-saving reports!

You can feel the Ultimate Bone Support difference too! Place your order today!



involved in building new bone, staving off bone loss, and maintaining a sturdy foundation, that several other nutrients also play an important role.

That's why *Ultimate Bone Support* also provides seven other bone-building superstars to help you stand straight and tall and live an active life, including:

✓ **Vitamin D—Research suggests a link between low vitamin D levels and a higher risk of fracture.** In a study published in the *Journal of the American Medical Association*, 50% of women hospitalized for hip fractures were found to have a vitamin D deficiency. And in a large controlled study of elderly French women published in the *New England Journal of Medicine*, there was a 43% reduction in the number of hip fractures in those treated with 800 IU of vitamin D.

“Both collagen and minerals are crucial for strong bones—although most people only think about getting enough minerals...”

Vitamin D is known as the “sunshine” vitamin, meaning your body can make it on its own when you're exposed to sunlight. But unless you're getting at least 15 minutes of exposure three days a week—even in winter months—your body can't make enough, so you need to get it elsewhere.

What's more, older adults get an average of just 100 IU of vitamin D each day from food and supplements—a fraction of what's been shown in studies to cut your risk of fracture. That's why you get 800 IU in each daily amount of *Ultimate Bone Support*.

✓ **Vitamin K—Vitamin K isn't a single vitamin, but a group of plant compounds found mainly in dark-green, leafy vegetables.** Most of us don't get enough vitamin K from their diet because we don't eat enough green, leafy vegetables every day. And

(Continued on page 11...)

Ultimate Bone Support is so much easier than mixing and matching different nutrients to try to get the ideal combination. All the work has already been done for you!

Plus, you're assured the *right* amounts, so you don't get too little of one nutrient or too much of another. In fact, you can safely take this formula along with your regular multivitamin, since it's designed to fill any bone-building "gaps" and complement the levels of nutrients you're already getting.

Simply take two tablets of *Ultimate Bone Support* each night before bedtime. Then relax and go to sleep, knowing you're giving your bones the best nutrients to keep them strong and resilient for life.

Take steps now to live the active, independent life you deserve

Trust me, these aren't empty promises. I've told you how studies on strontium show it can cut your risk of fracture by as much as 59% the first year. I've explained the research behind all the other nutrients in my formula—including *Osteogene*™, L-lysine, vitamin D, vitamin K, and crucial trace minerals like boron and silicon—and how they work together to increase your bone density and strength.

They can make the difference between taking that dream trip to Europe with your spouse or friends...or staying home because your legs can't handle the walking.

Between taking a glorious hike

“Ultimate Bone Support is so much easier than mixing and matching different nutrients to try to get the ideal combination. All the work has already been done for you!”

in the woods with your grandchildren on a beautiful day...or sitting in a chair looking out the window because you're afraid you might fall.

Why miss out on all the fun? You deserve to live an active, independent life well into your 80s, 90s, and beyond. And I believe

Ultimate Bone Support gives your bones, joints, and the rest of your "foundation" the greatest possible support so you always live life to the fullest.

Get started today and get up to 2 bottles FREE — a \$59.90 value!

To make it easy for you to get started, I've made arrangements with a reliable, high-quality company called Advanced Bionutritionals to make my *Ultimate Bone Support* formula available to you now at special introductory savings.

In fact, I've arranged for you to get up to two FREE bottles of *Ultimate Bone Support*. You heard me right—that's two bottles, worth \$59.90—yours FREE with absolutely no risk.

Plus you can get up to three health-saving Special Reports I've put together myself (a \$44.85 value)... along with FREE shipping and handling (a \$5.95 value). Turn to page 15 for more details.

Please take advantage of this special introductory opportunity to discover what *Ultimate Bone Support* can do for your bones...and your quality of life. You have my word that every bottle is 100% guaranteed or your entire purchase price will be promptly refunded. You won't risk anything by giving this advanced, bone-building formula a try!

Yours truly,



Nan Kathryn Fuchs, Ph.D.

P.S. New research shows you can build stronger, denser bones and stave off bone loss by taking strontium along with the other bone-building nutrients you get in my *Ultimate Bone Support* formula. **See the next page now to find out how to get up to two FREE bottles worth \$59.90, along with up to 4 other valuable free gifts!**



Special Introductory Offer: Claim Your \$104.75 in FREE Gifts and Savings NOW!



Start Building Stronger, Denser Bones Today!

BEST VALUE: Buy 6, Get 2 FREE!

Stock up with this exclusive one-time offer and save \$59.90. Plus you'll get these three Special Reports absolutely FREE...a \$44.85 value.

TOTAL SAVINGS = \$104.75!



FREE REPORT #1

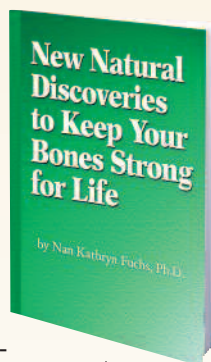
(a \$14.95 value):

New Natural Discoveries to Keep Your Bones Strong for Life

By Nan Kathryn Fuchs, Ph.D.

Whether you've been diagnosed with low bone mass or are concerned about your family history or other risk factors, you want to take steps NOW to build and maintain strong bones. Fortunately, you have more effective, natural alternatives to conventional therapies to choose from than ever before.

In this FREE up-to-the-minute Special Report, I'll fill you in on the newest, most exciting breakthroughs for maintaining dense, sturdy bones.



They can help you preserve your active, independent lifestyle and dramatically reduce your risk of a debilitating or even deadly fracture. Here's a glimpse of what you'll discover:

- ▶ **The popular weight loss supplement that worsens osteoporosis.** Causes your body to excrete crucial bone-building nutrients. You'll want to steer clear of this one!
- ▶ **Noticing loss of muscle tone? Mid-day drop in energy?** These could be warning signs of osteoporosis—and that you're not getting enough of *this* food which can reverse all three conditions.
- ▶ **Easy way to avoid the negative effects of TOO much calcium.** Simply take *this* nutrient each day. Gets calcium into your bones—

not your joints, brain, and arteries.

- ▶ **How to accurately measure your bone density—without** the radiation risks of DEXA scans. This safe, inexpensive test lets you see how your bone health program is really working, as often as every three months!

- ▶ **And much more!**

FREE REPORT #2

(a \$14.95 value):

Special Pain Report: What's Really Making Your Joints Ache and How to Stop It

By Nan Kathryn Fuchs, Ph.D.

If it seems like no matter what you do your joints and back still hurt like the dickens, don't give up

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