



Item: 22558  
Quantity: 120 Capsules

# BoneMate® Plus

For Strong Bones and Healthy Teeth\*

- ▶ In the U.S. today, 10 million individuals already have osteoporosis and 18 million more have low bone mass, placing them at increased risk.†
- ▶ One in two women will have an osteoporosis-related fracture in their lifetime.†

## B BONE & JOINT HEALTH SYSTEM

For millions of people, bone and joint degeneration causes discomfort and interrupts everyday activities. Through a targeted nutritional approach, Unicity's Bone & Joint Health System helps slow damage to support bones and joints.

- ▶ Strengthens bones and may help prevent osteoporosis\*†
- ▶ Helps worn-out joints and helps support healthy cartilage and mobility\*
- ▶ Relieves joint discomfort and improves flexibility\*

## P PRODUCT INFORMATION

Bone is not a hard and lifeless structure – rather, it is a complex, living tissue that completely regenerates about every 8 years. Certain cells repair bone and draw calcium from the blood to deposit into bone tissue, while other cells break down old bone tissue. Because bones are constantly changing, they can heal and are profoundly affected by diet and exercise.\* Unicity is pleased to provide a nutritional supplement that supports bone health.

NovaSoy® isoflavones is a unique group of compounds found almost exclusively in soybeans. The two part isoflavones most important to your health are genistin and daidzin. Isoflavones have been clinically shown to support bone mineral density and strength in post-menopausal women. Isoflavones also assist the body in slowing bone loss, and enhance the benefits of taking calcium.

BoneMate Plus contains three types of calcium, calcium citrate, tricalcium phosphate, and dicalcium malate.

**Calcium citrate** is the most absorbable and bioavailable (easier for your body to use) form of calcium. By measuring blood levels of calcium, it has been demonstrated that calcium citrate is 2.5 times more bioavailable than calcium carbonate.

**Tricalcium phosphate** is a well-absorbed and does not cause gas, constipation, or upset stomach. Phosphorus is required to merge calcium into bones. Studies show that phosphorus deficiency may make calcium supplementation less effective and could actually lead to increased bone loss.

**Dicalcium malate** is the latest form of calcium chelate. It contains a high concentrated amount of calcium for added benefit.

BoneMate Plus also includes magnesium, manganese, vitamin D, vitamin K, zinc, copper, vitamin C, and boron. This powerful formula helps improve absorption and overall bone density.\*

BoneMate Plus is important to overall health, particularly looking ahead to the retirement years, when bone-related problems become a big concern.\*

## F FEATURES AND BENEFITS

- ▶ Helps strengthen bones\*
- ▶ Helps support the health of bone tissue and teeth\*

\*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.

† Regular exercise and a healthy diet with enough calcium has been proven to help teen, young adult, white, or asian women maintain good bone health and may reduce their risk of osteoporosis later in life. Adequate calcium intake is important, but daily intakes of more than 2,000 mg are not likely to provide additional benefits.

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## ? FREQUENTLY ASKED QUESTIONS

**Q: If I am already experiencing the first signs of osteoporosis, should I still supplement with this product?**

**A:** Your doctor may ask you to increase your calcium intake as part of your treatment protocol. Consult with your health care professional to find out if this product is right for you.

**Q: Isn't it too late to improve bone health after the age of 30?**

**A:** It's never too late to remineralize lost bone density.

**Q: If I take this product, but I don't do any kind of exercise, will it still help me?**

**A:** The BoneMate Plus formulation is meant to aid in the deposition of calcium, regardless of physical exercise. However, a healthy diet and exercise regimen is necessary for good health.

**Q: How do I know if I am getting enough calcium?**

**A:** The average person does not get enough calcium. Children need about 800 milligrams per day (mg/d). Adults ages 19 to 50, need 1,000 mg/d, and teens and those over age 50 need 1,300 mg/d. The average person only gets about 600 mg/d.



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## S SCIENCE

The bones of the skeletal system obtain their strength from the deposition of calcium salt hydroxyapatite. Because of this, calcium is the most abundant mineral in the human body. In fact, nearly 99% of the body's calcium is deposited in the bones. This calcium reservoir also plays an important role in the maintenance of proper calcium levels in the blood and body fluids, which is important in proper functioning of many other physiological processes, such as blood clotting, nerve function, muscle contraction and relaxation, regulation of enzyme activity, and nerve function.\*

Calcium is constantly being deposited in and removed from bones. In order to maintain proper bone strength and structure, it is vital to keep deposition and removal of calcium in balance. This is achieved through a number of physiological mechanisms which rely on the presence of various hormones to control calcium levels. Calcium cannot be manufactured by the body and must be obtained through the diet. Significant amounts of calcium need to be consumed daily to replace that lost from the bones.\*

As a person ages, bone resorption (loss of calcium from bones) tends to accelerate to make up for decreased calcium intakes. Osteoporosis, or brittle-bone disease, is caused by inadequate dietary intake and absorption of calcium, which results in increased bone resorption.

In order to ensure an adequate supply of calcium, individuals can increase their consumption of calcium through diet or supplementation. Calcium absorption is enhanced by the presence of vitamin D, which increases the transport of calcium from the gastrointestinal tract into the blood. In addition, the mineral magnesium aids in the absorption of calcium. However, since magnesium and calcium compete with each other for intestinal absorption, an excess intake of one over the other may actually impair calcium absorption.\*

## R REFERENCES

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Ziegler E, Filer L. Present Knowledge in Nutrition 7th Edition. Washington DC: ILSI Press; 1996. Pointillart A, Denis I, Colin C. Effects of dietary vitamin D on magnesium absorption and bone mineral contents in pigs on normal magnesium intakes. *Mangnes Res.* 1995 Mar; 8(1):19-26.

## I Ingredients

### Supplement Facts

Serving Size: 2 Caplets		
Servings Per Container: 60		
Amount Per Serving	% Daily Value*	
Vitamin C (as calcium ascorbate dihydrate)	30 mg	50%
Vitamin D3	200 IU	50%
Vitamin K	20 mcg	25%
Calcium (as calcium citrate, malate, and tri-phosphate)	600 mg	60%
Magnesium (as magnesium oxide)	300 mg	75%
Zinc (as zinc citrate)	5 mg	33%
Copper (as copper citrate)	1 mg	50%
Manganese (as manganese citrate)	1 mg	50%
Citrus Bioflavonoids	18.75 mg	†
NovaSoy (soy isoflavones 40%)	37.5 mg	†
Boron (citrate complex)	1 mg	†
† Daily Value not established.		
* Percent Daily Value is based on 2,000 calorie diet.		

**Other Ingredients:** Microcrystalline cellulose, croscarmellose sodium, magnesium stearate Contains: Soy

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