



ASPEN **INTEGRATIVE**
MEDICINE

Bone Support Protocol

1. Osteoporosis Is scurvy of the bone, not calcium deficiency
https://link.theepochtimes.com/mkt_app/health/osteoporosis-is-scurvy-of-the-bone-not-calcium-deficiency-3_4858512.html?utm_source=andshare
2. Calcium is best absorbed when taken with food or acidic beverage such as apple cider vinegar or lemon juice.
3. **Boron 30mg**
1 pill 2x/day for one month then back off to 1 pill/day
<https://www.hakalalabs.com/borotabs/borotab-30-mg-90-tablet.html>
Check out this article: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4712861/>
4. **AlgaeCal Plus**
2 pills 2x/day (stay on indefinitely)
Take with 1-2 tbsp in Apple Cider Vinegar (okay to mix with 3-6 oz water) -
<https://www.algaecal.com/product/algaecal-plus/>
5. **Strontium Boost**
2 pills/day (take this for 2 months then stop)
<https://www.algaecal.com/product/strontium-boost/>
6. **Vit D3**
5000 IU/day in winter or 15000 IU 3x/week