



Strontium (citrate)

INTRODUCED 2005

What Is It?

Strontium is one of many trace minerals essential for bone health. It is a divalent cation and is transported through the body using many of the same transport molecules and receptors as calcium. Recent research has highlighted strontium's potential to support bone strength and health.*

Uses For Strontium

Bone Support: Strontium supports healthy osteoblast differentiation and helps to keep osteoclast activity in balance. Additionally, strontium supplementation supports healthy collagen formation by osteoblasts, enhancing bone tensile strength. In a multi-national, prospective two-year placebo-controlled trial with 353 women, strontium supplementation maintained healthy vertebrae integrity as well as healthy bone mineralization. A three-year placebo-controlled, double blind study with 1,649 postmenopausal women, indicated that a strontium salt supported healthy vertebrae composition and was well tolerated. In a preliminary analysis of a three-year placebo-controlled, double blind study of 5,091 postmenopausal women, strontium supplementation promoted healthy hip bones.*

What Is The Source?

Strontium is a naturally occurring mineral derived from earthen ore and purified through a proprietary synthetic reaction process with citric acid. The citric acid is derived from corn dextrose fermentation. Vitamin C (ascorbyl palmitate) is derived from corn dextrose fermentation and palm oil. Hypo-allergenic plant fiber is derived from pine cellulose.

Recommendations

Pure Encapsulations recommends 1–3 capsules per day, in divided doses, with or between meals, away from calcium-containing foods or supplements.

Are There Any Potential Side Effects Or Precautions?

Since strontium is absorbed using calcium transport mechanisms, strontium supplements should not be taken at the same time as calcium supplements or calcium-containing foods. While supplementing with strontium, adequate calcium intake should be maintained. Strontium supplementation may be contraindicated for individuals with impaired renal function as altered excretion may have an effect on strontium accumulation and bone deposition characteristics. If pregnant or lactating, consult your physician before taking this product.

Are There Any Potential Drug Interactions?

At this time, there are no known adverse reactions when taken in conjunction with medications.

Strontium (citrate)

each vegetable capsule contains  v 00

strontium (citrate)..... 227 mg
ascorbyl palmitate (fat-soluble vitamin C) 20 mg
(hypo-allergenic plant fiber added to complete capsule volume requirement)

1–3 capsules per day, in divided doses, with or between meals, away from calcium-containing foods or supplements..

*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

For educational purposes only. Consult your physician for any health problems.