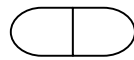




dōTERRA Women

# Bone Nutrient

Lifetime Complex



Made with SLS-free  
vegetable capsules

## Product Description

dōTERRA Women Bone Nutrient Lifetime Complex™ is a blend of vitamins and minerals that are essential for bone health in women beginning in adolescence and continuing through menopause. Bone Nutrient Lifetime Complex is formulated with bioavailable forms of natural nutrients that include vitamins C and D, plus calcium, magnesium, and other trace minerals that support healthy bone density as a woman ages.\*

## Concept

Beginning at an early age, women begin to build bone mass reaching a maximum bone density in their late twenties. A diet rich in essential bone nutrients is critical during these early years of bone development, but food intake surveys suggest that women consume half the recommended amounts of calcium and other bone nutrients for optimal bone health. This deficiency is pronounced in teen women who are less likely to eat right but who would benefit from increased bone nutrient consumption as their young bones are absorbing nutrients at a rate nearly double that of adult women.

As a woman ages, healthy bone mass and density becomes a more significant influencer of overall health and quality of life. Loss of bone density leading to brittle bones is a contributing factor to many degenerative and life-threatening conditions in older women. One in three women over the age of 50 will experience an osteoporotic fracture during her lifetime, and will face a more significant threat of dying from bone disease and associated conditions than from breast cancer†. Building strong bones through a woman's formative years and maintaining bone mass and density as she ages are critical parts of a lifelong health strategy.

## *dōTERRA Women Bone Nutrient Lifetime Complex™*

Eating a diet rich in bone-supporting nutrients, exercising, and balancing hormones all contribute to lifetime bone health. Bone Nutrient Lifetime Complex is formulated with natural nutrients essential for bone health, but often lacking in a typical woman's diet. It includes 100% of the recommended daily amounts of calcium and magnesium and also includes the important trace minerals zinc, copper, manganese, and boron. The essential vitamin C, two forms of vitamin D, and biotin are also included in the formula to help with mineral absorption and bone structure. Bone Nutrient Lifetime Complex can be used safely by young teenage women to help build bone mass and density during development, and by adult women to help maintain optimal bone health before, during, and after transitioning through menopause.

### **Primary Benefits**

- Provides optimal levels of vitamins and minerals essential for developing and maintaining healthy bone mass and density\*
- Provides 100% of the recommended daily amounts of calcium and magnesium
- Supports healthy bones and overall health throughout a woman's lifetime\*

### **What Makes This Product Unique?**

- Proprietary formula of the highest quality bone nutrients in bioavailable forms
- Contains vitamin D-2 and D-3 to help bones absorb calcium
- Made with sodium lauryl sulfate-free HPMC vegetable capsules

### **Who Should Use this Product?**

dōTERRA Women Bone Nutrient Lifetime Complex is safe for use by women (and men) of all ages desiring to increase their dietary consumption of essential bone nutrients. It is ideally formulated to be taken with dōTERRA Women Phytoestrogen Lifetime Complex™ and Lifelong Vitality Pack.

### **Directions for Use**

Teen and adult women (and men) take four (4) capsules daily with food.

### **Cautions**

Pregnant or lactating women and people with known medical conditions should consult a physician before using. Does not contain wheat or milk products.

dōTERRA Women  
Bone Nutrient Lifetime Complex  
120 Vegetable Capsules

Item code: 3524

Consultant price: \$17.50 (12.00 PV)

Preferred Member price: \$18.67

Suggested Retail price: \$23.33

## Supplement Facts

Serving Size: 4 vegetable capsules

Servings per Container: 30

Amount Per Serving		% DV
Vitamin C (as glycoprotein matrix)	90 mg	150%
Vitamin D-2 (as ergocalciferol)	160 IU	40%
Vitamin D-3 (as cholecalciferol)	650 IU	160%
Biotin (as d-biotin)	300 IU	100%
Calcium (as coral calcium)	1000 mg	100%
Magnesium (as magnesium chelate)	400 mg	100%
Zinc (as yeast)	9 mg	60%
Copper (as yeast)	200 mcg	10%
Manganese (as yeast)	200 mcg	10%
Boron (as yeast)	2 mg	**

\*\* Daily Value not established

Other Ingredients: Vegetable hypromellose, rice flour, vegetable stearate.

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

† See US Department of Health & Human Services, *Bone Health and Osteoporosis: A Report of the Surgeon General*, and International Osteoporosis Foundation, *Facts and Statistics about Osteoporosis and Its Impact*