



NATURE'S SUNSHINE

Herbal Bone Support

Vegetarian

Non-GMO

Gluten Free

No Sugar

GOOD FOR

Musculoskeletal System

Joints

Connective Tissue

SIZE **120 Vegicaps**

ITEM # **24045**

SERVING **2**

SUPPLY **30-60 days**

DIRECTIONS FOR USE Take 2 capsules up to twice daily.

— How the Key Ingredients Work

Herbal Bone Support brings together trusted minerals, vitamins, and time-honored herbs to help keep your bones dense, your joints comfortable, and your connective tissue strong. Every ingredient was chosen to work with your body's natural processes — giving your skeleton and the tissues around it exactly what they need to stay resilient day after day.

Vitamin D3 — Think of vitamin D3 as the key that unlocks calcium's full potential. Without enough of it, your body can't absorb calcium properly. This sunshine vitamin helps direct calcium where it belongs — into your bones and teeth — making it one of the most important nutrients in any bone-support routine.

Vitamin K — Vitamin K acts like a traffic director for calcium in your body. Research shows it helps activate a protein in bone that binds calcium into the bone matrix, supporting bone mineral density. It also helps keep calcium moving toward bones rather than settling where it shouldn't.

Calcium — Calcium is the main building block of your bones and teeth — more than 99% of your body's calcium is stored in your skeleton. Getting enough each day helps maintain bone mineral density, especially when paired with vitamin D3. It's the foundation every bone formula starts with.

Magnesium — Magnesium is a hardworking mineral involved in hundreds of processes in the body, including bone health. It works alongside calcium and vitamin D3 to support bone integrity, and research links healthy magnesium levels to stronger, better-maintained bones and overall musculoskeletal wellness.

Manganese — Manganese is a trace mineral your body uses to build the proteins and structures that make up cartilage and bone matrix. It also helps protect the cells that form new bone from oxidative damage. The NIH recognizes it as an essential nutrient for a healthy skeleton, and deficiency has been linked to skeletal abnormalities.

Boron — Boron is a quiet but important trace mineral for bone health. It helps your body hold onto vitamin D and estrogen longer, slowing their breakdown, and it influences how your body uses calcium and magnesium. Studies suggest it may also help ease joint discomfort, with one small clinical trial showing meaningful improvement in osteoarthritis symptoms.

Horsetail — Horsetail is one of nature's richest plant sources of silica, a mineral your body uses to build collagen — the flexible protein framework inside bones, cartilage, and connective tissue. A clinical trial in postmenopausal women found horsetail extract supported bone mineral density, and lab research shows it may also help calm inflammation.

Oat (Avena sativa) — Oat brings natural antioxidant compounds called avenanthramides to this formula. These plant polyphenols help protect cells from everyday oxidative stress, which can wear on bones and joints over time. Clinical trials confirm that oat-derived avenanthramides raise the body's antioxidant protection, supporting the tissues that keep you moving.

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