

Learn how BoneMD®  
can build **YOUR**  
bones

One-Per-Day  
**MBP™**  
Supplement

**BONE****MD**®

*Increases Bone Mineral Density*



**Clinically Proven Results!**

# BONE MD<sup>®</sup>

Increases Bone Mineral Density

## What is BoneMD<sup>®</sup>?

BoneMD<sup>®</sup> contains MBP<sup>™</sup>, a natural protein complex found in trace amounts in milk. One would have to drink almost a litre of milk to get the MBP<sup>™</sup> contained in a single daily-dose BoneMD<sup>®</sup> capsule.

### Bone Metabolism

Each day, our bones undergo a constant, gradual process of regeneration. Bones are created from living cells, and continually regenerate themselves through a process known as bone metabolism. Bone metabolism involves the destruction of old bones, or bone resorption, and the creation of new bones, or bone formation.

The cells that handle bone resorption are known as osteoclasts, while the cells engaged in bone formation are called osteoblasts. Osteoblast cells produce collagen, the basic building material of bones. When osteoblasts produce collagen, calcium from the bloodstream attaches to the collagen to form new bone material.

### How BoneMD<sup>®</sup> Helps Build Bones

MBP<sup>™</sup>, the active ingredient in BoneMD<sup>®</sup>, regulates the activity of bone-destroying osteoclast cells, while increasing the number of osteoblast cells and stimulating them to increase the production of collagen, the building block of bones.

MBP<sup>™</sup> both suppresses bone resorption and stimulates bone formation. MBP<sup>™</sup> is an important substance that maintains a balanced bone metabolism, assisting in bone formation during periods of growth, and helping to prevent osteoporosis.

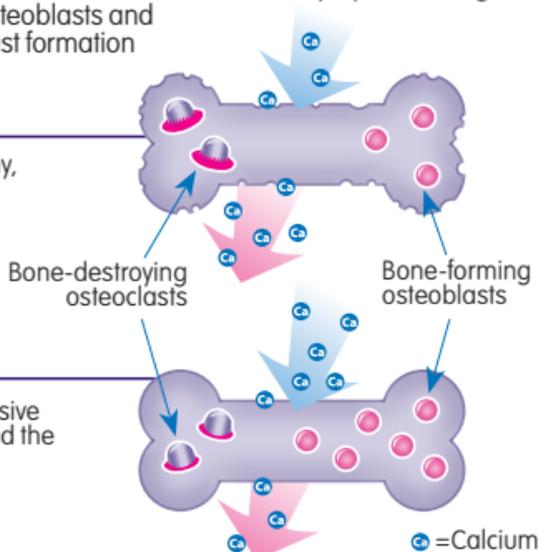
The MBP<sup>™</sup> in BoneMD<sup>®</sup> increases bone mineral density by activating the formation of bone-building osteoblasts and by inhibiting excessive osteoclast formation which breaks bone down.

### Without MBP<sup>™</sup>:

When a bone becomes unhealthy, osteoclasts function excessively and dissolve too much calcium.

### When MBP<sup>™</sup> goes to work:

Osteoblasts are activated, excessive osteoclast activity is inhibited, and the bone returns to health.



### Is BoneMD<sup>®</sup> clinically proven?

Human clinical trials have repeatedly demonstrated that the active ingredient in BoneMD<sup>®</sup> can increase bone mineral density through its effects on osteoblasts and osteoclasts.

Test group trials have verified that taking as little as 40 mg of MBP<sup>™</sup> per day leads to increased bone density. In tests done on a group of 33 women ranging in age from twenty-two and fifty-four, each participant of MBP<sup>™</sup> group (n=17) consumed 40 mg of MBP<sup>™</sup> per day for six months. Results showed an average 3% increase in bone density of the radius (a forearm bone located near the wrist).\*

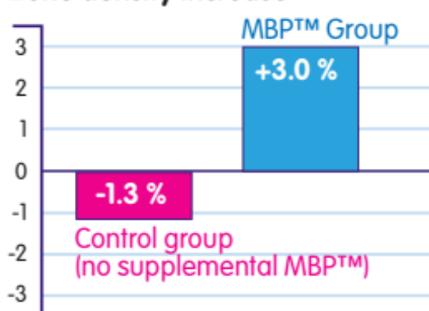
### Recommended dose:

Adult women: Take 1 capsule per day.

**MBP** is a registered trademark of MEGMILK SNOW BRAND Co., Ltd. in Canada.

BoneMD<sup>®</sup> is a trademark of NES International Ltd., Brantford, Ont., N3P 1R9

### Bone density increase\*



\*Yamamura J, Aoe S, Toba Y, et al. MBP<sup>™</sup> Increases Radial Bone Mineral Density in Healthy Adult Women. Biosci Biotechnol Biochem. 2002;66(3):702-704.

Visit [www.bonemd.ca](http://www.bonemd.ca) for more information.