

David J. Getoff Naturopath

Board Certified Clinical Nutritionist

Products and Services for a Healthy Family and a Healthy Home

Professional Member

International and American Associations of Clinical Nutritionists • Alliance for Natural Health

International College of Integrative Medicine • American Society for Nutrition

American College of Nutrition • New York Academy of Sciences

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Based on nutritional biochemistry studies

The 5 most important nutrients (plus weight bearing exercise) that are required in adequate amounts in order for the body to build new bone as rapidly as old bone is healthily being broken down and discarded are:

Magnesium kept in the upper third of the lab range for the specific blood test RBC magnesium (red blood cell magnesium)

Vitamin D3 kept in the blood test range of 55-80ng/ml or (150-200nmol/Ltr in metric countries)

Vitamin K1 which can only be accurately tested with the test mentioned in one of the PDF's I sent called *undercarboxylated osteocalcin* which must be in the Lower Third of the lab range or else it indicates that the vitamin K intake is not adequate.

Boron at a daily dose of 5 to 8mg/day or tested for adequacy in a hair mineral analysis

Silica from the special absorbable form called BioSil at 5 to 10mg per day

Most people are already getting adequate calcium in their diet and more than an additional 500 to 800mg per day from a good multi-vitamin has been linked to increased heart disease rates. This is due to the fact that very few people have adequate levels of all the other 5 nutrients and so the body cannot use the calcium to build bone and instead it deposits it onto the walls of the blood vessels causing the acceleration of cardiovascular disease.