



Boron

INTRODUCED 1992

What Is It?

Boron nutritionally promotes the proper utilization of many vitamins, minerals, and hormones, which are crucial to the optimal functioning of the human body.*

Uses For Boron

Mineral Metabolism: Boron supports calcium, phosphorous, and magnesium metabolism, and reduces the loss of these minerals through the urine. In addition, boron strengthens the connective structure in bone matrix.*

Hormone Utilization: Boron plays a role in the synthesizing of estrogen, vitamin D, and other steroidal hormones and protects these hormones from rapid breakdown.*

What Is The Source?

Boron is originally sourced from the mineral kernite. Glycinate is synthetic. Hypo-allergenic plant fiber is derived from pine cellulose.

Recommendations

Pure Encapsulations recommends 1-3 capsules per day, in divided doses, with meals.

Are There Any Potential Side Effects Or Precautions?

If pregnant or lactating, consult your physician before taking this product. At this time, there are no known side effects or precautions when taken at recommended levels. Daily intake of 1000 mg per day or more have been associated with dermatitis, hair loss, anorexia and indigestion. Consult your physician for more information.

Are There Any Potential Drug Interactions?

At this time, there are no known adverse reactions when taken in conjunction with medications. Consult your physician for more information.

Boron

each vegetable capsule contains		v 3
boron (glycinate).....		2 mg
(hypo-allergenic plant fiber added to complete capsule volume requirement)		
1-3 capsules per day, in divided doses, with meals.		

*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.