

# Boron (glycinate)

Essential trace element; support for nutrient utilization<sup>†</sup>

## INDICATIONS

Ages 18 and up

## BENEFITS

- Supports calcium, phosphorous, and magnesium metabolism<sup>†</sup>
- Promotes steroidal hormone balance<sup>†</sup>
- Supports bone strength and health<sup>†</sup>

## FEATURES

- Made with high-quality vegan ingredients backed by verifiable science

## VERIFIABLE SCIENCE

Boron supports calcium, phosphorous, and magnesium metabolism and reduces the loss of these minerals through the urine.<sup>1,2</sup> Boron also plays a role in the synthesis of estrogen, vitamin D, and other steroidal hormones and may support healthy hormonal balance.<sup>2-4</sup> In addition, boron strengthens the connective structure in bone matrix.<sup>5†</sup>

## SUGGESTED USE

As a dietary supplement, take 1 capsule, 1-3 times daily, with meals.

## STORAGE

Store in a cool, dry place.

## WARNING

If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

## SOURCE

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

## NOTES

Size 3 caps

Bottle count 60

Order codes BO6

Bottle size 75 cc

## REFERENCES

1. Meacham SL, et al. *Am J Clin Nutr.* 1995 Feb;61(2):341-5.
2. Rondanelli M, et al. *J Trace Elem Med Biol.* 2020 Dec;62:126577.
3. Green NR, et al. *Environ Health Perspect.* 1994 Nov;102 Suppl 7:73-7.
4. Naghii MR, et al. *J Trace Elem Med Biol.* 2011 Jan;25(1):54-8.
5. Newnham RE. *Environ Health Perspect.* 1994 Nov;102 Suppl 7:83-5.

## SUPPLEMENT FACTS

**1 capsule, 1-3 times daily, with meals.**

**Each (size 3) vegetarian capsule contains:**

Boron (as boron glycinate)	2 mg
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)	



Boron (glycinate)	Quantity	Order Code
	60	BO6

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