

**DR. STRUM'S INTENSIVE BONE FORMULA**  
**Remarks of Charles (Chuck) Maack – Prostate Cancer Activist/Mentor**

IMPORTANT CONSIDERATION IF EXPERIENCING BONE ISSUES OR TO STRENGTHEN BONE AS WELL AS TO INCLUDE IN YOUR VITAMIN INTAKE IMPORTANT VITAMINS FOR YOUR GENERAL HEALTH IS THE FOLLOWING:

**Medical Oncologist Stephen Strum, a specialist specifically in research and treatment of prostate cancer, has formulated a more promising supplement to deal with several PC/health issues, but particularly bone issues, that is available from Life Extension Foundation (LEF) -- known as "Dr. Strum's Intensive Bone Formula."** This is, in my opinion, the most comprehensive bone and heart supplement available from Life Extension Foundation as item #01506. See <http://tinyurl.com/qg2qrwn> for ordering details.

*Dr. Strum's Intensive Bone Formula*

A daily serving of ten capsules includes these nine bone-healthy nutrients:

- **Potassium citrate 1173 mg (as potassium citrate supplying 30 milliequivalents of potassium)** — favorably affects bone mineral density through a unique calcium-sparing process in the body, increasing the availability of calcium necessary for bone remodeling.
- Extracts of the Ayurvedic herb *Cissus quadrangularis* 600 mg (aerial part) [std. to 10% ketosterones (60 mg)]— scientific research indicates it possesses potent bone health-promoting properties, including support for bone generation, healing, and strengthening capabilities. Very few formulas contain this plant-based bone defender.
- **DimaCal® 800 mg (as 1 DimaCal® (Dicalcium Malate)**— a patented form of calcium that exhibits significantly better absorption than other calcium supplement options.
- **Vitamin D3 8000 IU** — the optimally bioactive form of vitamin D.
- **Vitamin K2 200 mcg (as menaquinone-7)**— long-acting form essential to transport calcium from the bloodstream into the bone. Working

together with vitamin D, it helps maintain youthful calcium musculoskeletal distribution throughout the body.

- **Magnesium 400 mg (as magnesium citrate)** and **Zinc 10 mg (as zinc citrate)** — the citrate forms for exceptional bioavailability.
- **Boron 6 mg (from boron citrate, aspartate, glycinate)** and **Silica 5 mg** (from standardized Bamboo (*Bambusa vulgaris*) extract (stem)— to support the bone matrix as it undergoes already-normal growth and turnover.

Other ingredients: vegetable cellulose (capsule), vegetable stearate, silica, maltodextrin. Contains corn.

### **Dosage and Use**

- Take three capsules in the morning, three capsules in the afternoon, and four capsules in the evening daily with meals, or as recommended by a healthcare practitioner.

### **Caution**

Individuals consuming more than 2,000 IU/day of vitamin D (from diet and supplements) should obtain a serum 25-hydroxy vitamin D measurement. Do not exceed 10,000 IU per day unless recommended by your healthcare provider. This product is not recommended for individuals with high blood calcium or potassium levels. Because potassium may have numerous drug interactions (most commonly, diuretics and blood pressure medications), consult your healthcare provider before taking this product if you are taking prescription medications and/or have heart or kidney disease. Due to the vitamin K, consult your healthcare provider before taking this product if you are taking anti-platelet or anti-coagulant medications, or have a bleeding disorder.

Therefore, if using Strum's Intensive Bone Formula, though this formula costs around \$56 per month, when considering that it replaces separate purchases of the vitamins and supplements listed, that price is not as significant, particularly in recognizing you would not likely be needing additional Vit D or Vit K, and the calcium dose is likely sufficient to not require additional calcium supplements; and you would be getting a very comprehensive bone formula. The potassium citrate alkalizes urine and helps promote bone formation. You would need to advise your treating physician in order to have your blood serum potassium, blood serum 25-hydroxyvitamin D, blood serum and urine calcium, and parathyroid hormone levels monitored.

