



Boron

Naturally sourced Nature's Harmony® Boron promotes the proper absorption and utilization of calcium, magnesium and phosphorus. This important natural nutrient is critical for the development and maintenance of healthy bones and joints.

PRODUCT CODE: 400890

HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
Maintenance of healthy bones.	Capsule	One capsule per day or as recommended by a health care practitioner. Take with food for best absorption.

DESCRIPTION:

Boron is a dietary trace mineral found primarily in plant food; it has a critical role in the growth and development of healthy bones. It has also been used for the prevention of osteoporosis and osteoarthritis.

Recommended Daily Allowance: 3 mg per day.

Food Sources: Milk, apples, pears, avocado, non-citrus fruits, potatoes, peanuts, peanut butter, pecans, prunes, raisins, legumes, chocolate, coffee and nuts all contain significant amounts of Boron; grapes and red wine are among foods especially rich in Boron.

Causes of Deficiency: A diet low in the foods that contain Boron.

Symptoms of Deficiency: Decreased mental alertness past the age of 45; decreased bone density; aggravated arthritis symptoms.

Complementary Nutrients: Calcium, magnesium and phosphorus.

HOW IT WORKS:

Boron helps support the bone-building process. Scientists believe that Boron works to promote proper calcium, magnesium and phosphorus absorption, slow bone demineralization and help convert estrogen and vitamin D to their active forms needed for bone metabolism. Boron also promotes proper function of the endocrine system. It may be necessary for cell membrane formation and for the improvement of cognitive function in older adults.



DID YOU KNOW...

The risk of prostate cancer falls as boron intake climbs.

Boron

RESEARCH:

Numerous clinical studies show a positive correlation between adequate Boron consumption and healthy bones and joints. Recent studies also link Boron to a reduction in the risk of prostate cancer.



SIDE EFFECTS:

According to recent research, doses up to 18 mg per day appear safe for adults, even if taken for prolonged periods of time. Only extremely high dosages of Boron—greater than 500 mg per day—may cause nausea, vomiting, diarrhea and stomach pain.

INTERACTIONS AND SAFETY CONSIDERATIONS:

Nature's Harmony® Boron is proven to be both safe and non-toxic. Consult your health care practitioner before using Boron if you are pregnant, breastfeeding or if you are receiving hormone replacement therapy.

LABEL:

 <p>Bore 3 mg</p> <p>Pour le maintien des os en santé</p> <p>100 capsules</p>	<p>Usage recommandé: Pour le maintien des os en santé. Dose recommandée (adultes): Prendre 1 capsule par jour. Consulter un praticien de soins de santé pour l'utilisation au-delà de huit semaines. Ingédients médicinaux: Chaque capsule contient Bore (borate de sodium) 3 mg Ingédients non médicinaux: cellulose microcristalline, stéarate de magnésium, dioxyde de silicium, gélatine. Ce produit ne contient aucun maïs, ingrédients laitiers, oeuf, gluten, crustacés, soya, sulfites, blé, ni colorants, arômes ou agents de conservation artificiels. Information sur les risques: Pour adultes seulement. Ne pas utiliser si vous êtes enceinte ou allaitante. Consulter un praticien de soins de santé avant d'en faire l'usage si vous souffrez d'un cancer oestrogénodépendant.</p> <p>Recommended Use: For maintaining healthy bones. Recommended Dose (Adults): Take 1 capsule daily. Consult a health care practitioner for use beyond eight weeks. Medicinal Ingredients: Each capsule contains Boron (sodium borate) 3 mg Non-medicinal Ingredients: Microcrystalline cellulose, magnesium stearate, silicon dioxide, gelatin. This product does not contain corn, dairy, egg, gluten, shellfish, soy, sulfites, wheat, or artificial colours, flavours, or preservatives. Risk Information: For adult use only. Do not use if pregnant or breastfeeding. Consult a health care practitioner prior to use if you have an estrogen-dependent cancer.</p> <p>RANGER DANS UN ENDROIT FRAIS ET SEC. TENIR HORS DE LA PORTÉE DES ENFANTS.</p> <p>STORE IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN.</p>	 <p>Boron 3 mg</p> <p>For Maintaining Healthy Bones</p> <p>100 Capsules</p>	<p>Actual Size Grandeur réelle</p> <p>DO NOT USE IF SEAL UNDER CAP IS BROKEN. NE PAS UTILISER SI L'OPERCULE INTERIEUR EST BRISÉ.</p> <p>www.naturesharmony.com 1-877-928-2548</p> <p>SunOpta Inc. 6 Commerce Crescent Acton, ON L7J 2K3 A Proud Canadian Company Une compagnie canadienne fière de l'être.</p> <p>UPC CODE TO BE: 0 63047 00800 1</p> <p>408590 01-03</p>
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