



NATURE'S SUNSHINE

Skeletal Strength

Vegetarian

Kosher

Halal

Non-GMO

GOOD FOR

Musculoskeletal System

Connective Tissue

Nervous System

SIZE **150 tablets**

ITEM # **1806**

SERVING **2**

SUPPLY **30 days**

DIRECTIONS FOR USE Take 2 tablets with a meal twice daily.

— How the Key Ingredients Work

Skeletal Strength brings together a carefully chosen blend of vitamins, minerals, and time-honored herbs that work together to nourish your bones, support your joints, and keep your whole skeletal system feeling its best. Every ingredient plays a role — from laying down strong bone mineral to helping your body hold on to the calcium it needs.

Calcium — The backbone of every bone in your body, calcium makes up the bulk of your skeleton and teeth. Getting enough of it — especially earlier in life — helps you build peak bone density that pays off for decades. Paired with the right supporting nutrients, calcium supplementation has been shown to meaningfully support bone mineral density.

Vitamin D3 — Think of vitamin D3 as the key that unlocks calcium's full potential. Your body can't absorb calcium properly without it. This sunshine vitamin also supports immune balance and overall wellness, and most people simply don't get enough of it from food or sunlight alone — making it one of the most important additions to any bone-health formula.

Vitamin K — Vitamin K acts like a traffic director for calcium — helping guide it into your bones where it belongs, and away from places it shouldn't accumulate. It activates special proteins in bone tissue that allow calcium to bind properly, and research shows it supports healthy bone mineral density, particularly in the lumbar spine.

Magnesium — Magnesium quietly does a lot of heavy lifting for your skeleton. It works alongside calcium and vitamin D to keep bones strong, and it's involved in hundreds of processes throughout the body. Low magnesium is surprisingly common, and without enough of it, your bones and muscles simply can't function at their best.

Zinc — Zinc is a trace mineral your bones genuinely depend on. It helps maintain the structural integrity of proteins throughout the body and plays a supporting role in the processes that keep bone tissue healthy and resilient. It also contributes to antioxidant defenses, helping protect cells — including bone-forming cells — from everyday wear and tear.

Copper — Copper helps your body build and maintain the collagen framework that gives bones their flexibility and strength. It supports the crosslinking of collagen fibers in the bone matrix — a process essential for structural integrity. Without enough copper, bones can become brittle and more prone to abnormalities, making it a quiet but essential partner in skeletal health.

Manganese — Manganese plays a behind-the-scenes role in building the components of bone matrix, including the proteoglycans that give bone and cartilage their resilience. It also helps protect bone-forming cells from oxidative stress. Nutritional authorities recognize manganese as an essential trace element for the skeleton, and deficiency has been linked to skeletal abnormalities.

Boron — Boron is a trace mineral that supports how your body uses vitamin D, calcium, and magnesium — three of the most critical nutrients for bone health. It helps slow the breakdown of these nutrients so they stay active in your body longer. Research also suggests boron may help ease joint discomfort, with one small clinical trial showing notable improvement in osteoarthritis symptoms.

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