



NATURE'S SUNSHINE

# Skeletal Strength NEW Formula

Vegetarian

Kosher

Halal

Non-GMO

GOOD FOR

Musculoskeletal System

Nervous System

Connective Tissue

SIZE **120 Tablets**

ITEM # **24052**

SERVING **2**

SUPPLY **30 days**

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

## — How the Key Ingredients Work

Skeletal Strength NEW Formula brings together vitamins, minerals, and time-honored botanicals that work together to nourish your bones, support flexible joints, and keep your muscles and nerves feeling their best. Every ingredient was chosen because research shows it plays a real role in keeping your body's framework strong and moving well.

**Vitamin D3 — Bone & Muscle Foundation** — Think of vitamin D3 as the key that unlocks calcium's full potential. Your body needs it to absorb calcium properly and put it to work building and maintaining strong bones. Research also links healthy vitamin D3 levels to better muscle function and overall musculoskeletal wellness.

**Vitamin K — Calcium Traffic Director** — Vitamin K helps make sure calcium ends up where it belongs — in your bones, not your soft tissues. It activates a bone protein that binds calcium into the bone matrix. Studies show vitamin K supplementation supports healthy bone mineral density, particularly in the lumbar spine.

**Calcium — The Building Block of Bone** — Calcium is the primary mineral your skeleton is made of, accounting for the vast majority of your bone's mineral content. Getting enough calcium, especially alongside vitamin D3, is one of the most well-researched strategies for maintaining healthy bone mineral density throughout life.

**Magnesium — Bone, Muscle & Nerve Harmony** — Magnesium is involved in hundreds of processes in the body, including those that keep bones dense, muscles relaxed, and nerves calm. It works hand in hand with calcium and vitamin D3, and research shows it plays an important supporting role in overall musculoskeletal and nervous system health.

**Zinc — Structural Integrity Support** — Zinc helps maintain the structural integrity of proteins throughout the body, including those found in bone and connective tissue. It also supports antioxidant defenses that protect cells involved in bone building, making it a quiet but important contributor to long-term skeletal health.

**Copper — Collagen Crosslinker** — Copper is needed to help build and strengthen the collagen framework inside your bones and connective tissues. Without enough copper, the collagen fibers that give bone its flexibility and resilience can't form properly. Research confirms copper deficiency is linked to bone abnormalities and impaired collagen structure.

**Manganese — Cartilage & Bone Matrix Nutrient** — Manganese is required to produce the compounds that make up cartilage and the bone matrix — the scaffolding your skeleton is built on. It also helps protect the cells that build new bone from oxidative damage. The NIH recognizes manganese as an essential trace element for bone health.

**Boron — Bone Mineral Metabolism** — Boron is a trace mineral that helps your body hold on to the nutrients bones need most. It supports healthy vitamin D activity, slows the breakdown of estrogen and vitamin D, and influences how your body uses calcium and magnesium — all factors that matter for maintaining strong, healthy bones.

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