

Bone Complex

Bone Support Complex provides a unique blend of vitamins and minerals to support healthy bones. Bones are living tissues which grow, transform, repair, and degenerate throughout our lives.

The bone-supportive nutrients provided by this supplement include calcium, magnesium, vitamin C, vitamin D3 and vitamin K2 which all contribute to the maintenance of normal bones and teeth. As well as providing stand-alone benefits, calcium and vitamin D work synergistically to reduce the loss of bone mineral in post-menopausal women. Similarly, vitamin D helps to reduce the risk of falling associated with postural instability and muscle weakness, particularly amongst those over 60.

Contains 100% active ingredients, formulated by expert nutritionists with no artificial fillers and no nasties. Sourced according to Viridian's strict ethical criteria including no animal testing, GMO or palm oil.

Key Features:

- Contains bone supportive vitamins and minerals including calcium, magnesium, vitamin C, D3 and K2
- Calcium and magnesium as a 1:1 ratio
- Highly absorbable forms of calcium and magnesium
- Vegan formulation



Nutritional Information:

four capsules provide:

Ingredient	Weight	% NRV
Magnesium (citrate)	260mg	69
Calcium (citrate)	260mg	33
Vitamin C (Ascorbic acid)	60mg	75
Vitamin K2 (Menaquinone) (MK-7)	50µg	67
Malic acid	40mg	
Boron	1200mg	
Vitamin D3	10µg	200
Plant cellulose capsule		

Directions: take four capsules daily with food, or as directed by your healthcare practitioner.

Ordering Information:

Code	Size	Description	Barcode
0300	90	Bone Complex Veg Caps	5060003593003

In stock and available to order. Call 01327 878050 or email info@viridian-nutrition.com