



Skeletal Strength (formerly SKL Formula) Stock #1806-7 (150 tablets)

Skeletal Strength is designed to nutritionally support the skeletal system and to help maintain structural integrity. Skeletal Strength contains vitamins, minerals and herbs needed by the body for building healthy bones, ligaments, muscles, and tendons. Skeletal Strength also enhances the health and vitality of the hair, nails and skin tissue. Skeletal Strength also provides digestive aids to ensure absorption of its vital nutrients.

Skeletal Strength has been used for arthritis, broken bones, fractures, osteoporosis, and for achieving adequate calcium intake during pregnancy and nursing.

Skeletal Strength contains the minerals boron, calcium, magnesium, and manganese, chelated with amino acids to increase their bioavailability. Each 2 tablets of Skeletal Strength provide:

Vitamin A (beta-carotene) - 250 IU
Vitamin B₆ (pyridoxine HCl) - 2.5 mg
Vitamin B₁₂ (cyanocobalamin) - 15 mcg
Vitamin C (ascorbic acid) - 75 mg
Vitamin D (from fish oil) - 100 IU
Boron (amino acid chelate) - 0.5 mg
Calcium (amino acid chelate, di-calcium phosphate, calcium citrate) - 300 mg
Copper (copper gluconate) - 1 mg
Iron (ferrous gluconate) - 1.5 mg
Magnesium (amino acid chelate, magnesium oxide) - 300 mg
Manganese (amino acid chelate) - 0.5 mg
Phosphorus (di-calcium phosphate) - 96 mg
Potassium (citrate) - 50 mg
Zinc (zinc oxide) - 7.5 mg

In a base of:

Betaine HCl is secreted by the stomach's parietal cells. Efficient protein digestion can only occur if there are sufficient levels of HCl to produce a low pH (acidic) environment. HCl then combines with pepsinogen, secreted by the stomach's chief cells, to create pepsin, the principal enzyme responsible for actually breaking down proteins. HCl primarily kills any ingested bacteria and parasites, and may help to break down protein. Insufficient HCl can lead to anemia and osteoporosis, in spite of iron- and calcium-rich dietary intake.

Horsetail herb strengthens the skeletal system, speeding the healing of damaged connective tissue and improving elasticity. Horsetail is commonly used to relieve arthritic conditions and reduce menopausal bone loss which can lead to osteoporosis. Due to its rich silica content, horsetail has been shown to improve the health of hair, fingernails and skin. Horsetail also reduces chronic swelling in the legs and relaxes muscle cramps. Horsetail is also a rich source of calcium and other minerals necessary for tissue repair, including copper and zinc.

Licorice root concentrate increases the production of digestive fluids and bile, soothes mucus membranes (especially in the stomach), relieves pain and inflammation, relaxes muscle spasms, strengthens the adrenal glands, lowers cholesterol, and acts as a mild laxative. Licorice is also particularly beneficial for gastrointestinal problems such as gastritis, peptic ulceration, and excessive stomach acid. Licorice has also been shown in numerous studies to be quite effective in treating hypoglycemia, especially due to adrenal stress. Licorice is rich in magnesium, silicon, and sodium and contains high amounts of chromium, cobalt, iron, potassium, and niacin (B₃).

Papaya fruit is an excellent source of papain, a proteolytic enzyme which breaks down proteins, small peptides, amides and esters. Papain's digestive activity also extends to carbohydrates and fats. Papain is quite similar to pepsin, a digestive enzyme produced by the body, and is often referred to as vegetable pepsin. Papaya also contains other enzymes which metabolize starches and milk protein. Papaya is becoming a popular natural treatment for achlorhydria—the absence of hydrochloric acid in the gastric juices.

Parsley herb stimulates production of digestive fluids and enhances the elimination of wastes from inflamed joints via the kidneys. Such action makes parsley useful for arthritis, cystitis, dyspepsia, gastritis, gout, jaundice, other liver and

spleen ailments, and rheumatic conditions. Parsley also helps with stones in the bladder, gallbladder, or kidneys. Parsley is a rich source of iron and provides numerous trace minerals, particularly the electrolytes calcium, magnesium, potassium and sodium. Parsley also provides vitamins A, B, C, and K, protein (up to 25%), and chlorophyll.

Pineapple fruit contains bromelain, an enzyme which has been found to arrest tumor growth, enhance digestive function, kill worms, thin the blood, and help eliminate unhealthy skin caused by severe burns. Bromelain has been found to possess neuro-muscular relaxing properties, beneficial for soothing vascular linings. Preliminary research shows bromelain also helps break down fibrin, the substance which binds platelets together to form blood clots and which also contributes to swelling. Bromelain is considered an adjunctive treatment for inflammation and swelling resulting from injury or surgery, and painful menstrual hemorrhaging. Pineapples have a diuretic quality which makes them useful for edema. Pineapples have also been used for anorexia, diarrhea, and sunstroke. Individuals suffering from peptic ulcers or skin discharges should not use pineapples.

Valerian root has been proven through extensive research to promote restful sleep, improve the quality of sleep, reduce blood pressure, and relax muscle spasms associated with asthma, colic, coughs, epilepsy, irritable bowel syndrome, menstrual and stomach cramps, and neck and shoulder tension. Valerian reduces mental overactivity and nervous excitability by increasing the function of a neurotransmitter which inhibits nervous system action. Valerian also helps alleviate symptoms associated with stress or nervous tension such as aggression and irritability, depression, fatigue, headaches, heart palpitations, migraines, panic, sweating, tremors, and restless sleep accompanied by repeated waking. Valerian is non-addictive and its effects are not increased with alcohol consumption. Normal sleepers are typically unaffected by valerian use. Valerian provides the highest herbal source of calcium, and is also high in magnesium.