
MICHAEL HIRT, M.D., A.P.C.
DIPLOMATE AMERICAN BOARD OF INTERNAL MEDICINE
DIPLOMATE AMERICAN BOARD OF NUTRITION

Bonafide

Strontium Strong

WHAT IT IS:

- Natural mineral found in the Earth's crust

WHY YOU NEED IT:

- Supports patients wanting healthy bones
- Important for patients with osteopenia and osteoporosis
- Clinically studied mineral

HOW IT HELPS:

Bonafide contains a special type of strontium, a natural mineral found in the Earth's crust which is physically and chemically similar to calcium. Clinical studies lasting as long as five years have shown that strontium can support patients who are trying to simultaneously stimulate the body to build bone while reducing the amount of bone loss.

Bonafide is important for patients looking to build bones that have normal strength and flexibility.

While taking Bonafide, it is important to continue taking other bone building supplements such as calcium, vitamin K, and vitamin D. Bonafide should be taken at least two hours from the time you take your calcium supplements to avoid any interactions.