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DIPLOMATE AMERICAN BOARD OF INTERNAL MEDICINE
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Prevaten

Feed your bones

WHAT IT IS:

- A medical food for the dietary management of healthy bones and hot flashes

WHY YOU NEED IT:

- Important for patients with bone loss (Osteopenia, Osteoporosis)
- Targets patients with hot flashes
- Good for patients at higher risk for heart disease and strokes
- All natural, non-soy based
- No hormonal effects on breast, uterine or vaginal tissues

HOW IT HELPS:

Building bones is a lot like building a house on a vacant lot. You need both construction materials and construction workers.

If you dump the two-by-fours and dry wall (ie...calcium supplements and vitamin D) in the middle of the lot without construction workers (ie...bone building cells), nothing happens. If you send a construction workers (bone building cells) to an empty lot without any materials (vitamins and minerals), nothing happens.

To build a house on an empty lot (to rebuild lost bone), you need both building materials (vitamins and minerals) and construction workers (bone building cells).

Ideally, you would want the best building blocks for your new house. You would be looking for deliveries of pallets full of the strongest steel, solid bricks and wooden beams. You would insist that the foundation be poured with top-of-the-line concrete mix.

You wouldn't want to construct your house with McStuffing and Special Sauce.

Similarly, you would want the most experienced craftsman to build your new home so that it could reliably withstand Mother Nature's imagination and fickleness.

Prevaten contains a synergistic blend of nutrients that the body can use to support normal, healthy bones. Beyond calcium and vitamin D, Prevaten contains both high quality, bone-building construction materials and nutrients that actively feed the legions of master bone-building cells that lay down healthy, strong bone where it is needed most.

Genistein aglycone is one of the key ingredients in Prevaten that helps maintain normal, healthy bone building. Genistein is naturally found in foods such as lentils, red clover, soy and other beans. In research studies, this nutrient works like estrogen to improve bone density and strength.

Unlike estrogen, Genistein does not appear to affect the uterus, vagina or breast tissues, even after months and months of continuous supplementation. Some studies have given women Genistein for three years and reported similar safety data.

Clinical studies using Genistein have shown remarkable increases in bone density. Women taking Genistein for three years saw double digit improvements on their bone density reports.

Another side benefit of Genistein is the reduction of hot flashes. The vast majority of women taking Genistein enjoyed fewer hot flashes, both in terms of severity and frequency.

Prevaten also contains other synergistic ingredients necessary to stimulate and support healthy bone metabolism. These nutrients include special, bio-ready forms of zinc, magnesium, calcium, vitamin K and vitamin D.

Taken with our BONE vitamin supplement, Prevaten is important support for ensuring strong and sturdy bone health.

Take charge of your bone health by taking Prevaten.

Usual dosage: Two Prevaten caps twice daily, with or without food. Can be taken with the BONE supplement. Should be taken two hours separately from Bonafide.