



# Strontium

Essential for Healthy Bone Density\*

**Strontium** is a key mineral essential for bone health. Studies indicate that strontium positively affects bone formation, strength, and healthy bone mineral density.\*

**Recommendations:** 2 capsules daily, or as recommended by your healthcare practitioner. For optimal absorption, take at least two hours apart from calcium supplements or foods that have a high calcium content.

Consult a healthcare practitioner prior to use if you are pregnant, nursing, or have impaired kidney function.

**680mg**

## Strontium

Essential for  
Healthy Bone Density\*

60 Capsules

**VEGAN**  
**NON-GMO** DIETARY SUPPLEMENT

**SUPPLEMENT FACTS**

Serving Size: 2 Capsules  
Servings Per Container: 30

Amount Per 2 Capsules (Veg):	%DV
Strontium (from strontium citrate)	680 mg **

\*\*Daily Value (DV) not established.

**Other Ingredients:** hydroxypropyl methylcellulose (vegetable cellulose capsules), cellulose powder, vegetable source magnesium stearate.

**No** sugar, salt, yeast, wheat, gluten, corn, soy, dairy products, artificial coloring, artificial flavoring, or artificial preservatives.

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\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

JC 3491 + 3(5,6)EM L93856.01

Manufactured by a cGMP compliant facility exclusively for:  
**EuroMedica**  
955 Challenger Drive Green Bay, WI 54311  
866-842-7256 euromedicausa.com

**Excellent for use with Silica-20™ and other bone health supplements\***

**Strontium citrate form for superior absorption**

Supplemental strontium has been shown in scientific studies to support new bone formation, bone mass, and bone strength. In fact, nearly all the strontium in the human body is found in bone and connective tissue.\*

While calcium, magnesium, and phosphorus are the primary trace minerals needed for bone health, they are not the whole story. Strontium is a necessary mineral for bone health, too.\*

Strontium may support bone formation and decrease bone breakdown, enhancing bone mineral density. Used in combination with Silica-20, **Strontium** aids in healthy bone formation and bone density.\*

Since strontium and calcium compete for absorption, it is important to take this product two hours before or after a calcium-containing product.

To view all our products, go to: [euromedicausa.com](http://euromedicausa.com)

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## Frequently Asked Questions for Strontium

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### Q. How safe is Strontium?

A. Strontium is very safe and non-toxic. This product contains strontium citrate, not strontium 90, the toxic radioactive form that may come to mind. Strontium citrate has been a safely used substance for over 100 years, and there have been studies using 2 grams of strontium with no significant side effects. While there are several forms of strontium in use today, strontium citrate is the most easily absorbed and used by the body.

However, strontium supplementation may be contraindicated for individuals with impaired renal function. Please consult your healthcare practitioner if this is a concern.

### Q. Can I take Strontium and a calcium-containing supplement at the same time?

A. For the best results, take Strontium at least two hours apart from when you take your calcium supplement. Both minerals compete for the same absorption pathways in the body, so it's best to take them separately and with some time in between them.

## What to Pair with Strontium

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### Silica-20™

Provides plant-based silica, flavonoids, and trace minerals bound to marine lipids. It's an excellent addition to any bone support regimen because it boosts calcium absorption into bone by an average of 50%.\*†

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Simply hold your smartphone camera over the code to learn more.

†In vitro evaluation on cultured human bone

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